

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-ATHLETIC TRAINING (SRU) (3+2)

CURRICULUM GUIDE

GPA REQUIREMENT – EXERCISE SCIENCE

1st Major: Exercise Science

- Overall GPA: 2.00 or higher
- Major GPA (includes Major Requirements and College Wide Requirements): 2.00 or higher

2nd Major: Pre-AT SRU 3+2 Exercise Science

- Overall GPA: 3.00 or higher

SUMMARY*

Code	Title	Hours
	Rock Studies 2 Requirements	44
	Other Basic Requirements	0-3
	Computer Competency	0-3
	Major Requirements	45
	Natural Science and Math College-Wide Requirements	15
	Additional Athletic Training Prerequisite Course	13
	Electives	14

* All undergraduate degree programs require a minimum of 120 credits. Some courses meet multiple requirements, but are only counted once toward the 120 credit total required to graduate. However, because this is a pre-professional program, credits taken during the 1st year of the graduate program are applied toward the undergraduate credit hours to meet the 120 credits required for your undergraduate degree.

ROCK STUDIES 2 REQUIREMENTS

Code	Title	Hours
The Rock		
SUBJ 139	Foundations of Academic Discovery ¹	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
STAT 152	Elementary Statistics I	3
Select one of the following:		
COMM 200	Civil Discourse: Theory & Practice	3
PHIL 110	Ethics and Civil Discourse	3
POLS 235	Civil Discourse and Democracy	3
Subtotal		15
Integrated Inquiry		
<i>Creative and Aesthetic Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
<i>Humanities Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3

<i>Social Science Inquiry</i>		3
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		
<i>Natural Sciences Inquiry</i>		
BIOL 209		4
<i>Physical Science Inquiry</i>		
PHYS 201	Elements of Physics I with Lab	4
Subtotal		17
Thematic Thread		
Select 12 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/) ^{2,3}		12
Total Hours		44

- ¹ Course offered in multiple subjects; cannot take course in first major subject
- ² One course from each category; six credits must be 300-level or above; no more than 4 credits from one subject area; specific courses required in first major, regardless of prefix of course, cannot be used to satisfy thread requirements; any course with same prefix as first major cannot be used to satisfy thread requirements, even if it is not a course in the first major.
- ³ Additional Athletic Training prerequisite courses may be fulfilled in a Thematic Thread.

Basic Math Requirement

Check with your adviser or a current degree audit report to see if you have been exempted from this course. The credit earned in this course will not be counted toward the 120 credit hour minimum needed to earn a degree.

Code	Title	Hours
Complete one of the following:		
Meet required minimum SAT or ACT math score OR		0-3
ESAP 110	Beginning Algebra	
Total Hours		0-3

Computer Competency

Code	Title	Hours
Demonstrate "computer competency" by one of the following:		
Pass Computer Competency Exam OR		0-3
Select one of the following at SRU or another post-secondary institution:		
CPSC 100	Introduction to Computing for Liberal Arts	
CPSC 110	Computer Concepts	
CPSC 130	Introduction to Computing and Programming	
PE 202	Technology for Wellness	
Total Hours		0-3

DIVERSITY, EQUITY, AND INCLUSION REQUIREMENT

Students must take and pass a course with the Diversity, Equity, and Inclusion (DEI) designation prior to graduation. Students can meet this requirement by taking any DEI - designated course in any program at any time during their undergraduate career.

MAJOR REQUIREMENTS

- If you choose to pursue Pre-Athletic Training SRU 3+2 Exercise Science and are not accepted into the AT program, then EXSC 450:

Internship is required to complete a first major of Exercise Science.
Please refer to the Exercise Science Curriculum Guide.

Code	Title	Hours
Required Basic Courses		
Must earn a "C" or better in the following courses		
EXSC 100	Introduction to Exercise Science: Careers and Content ^{1,2}	3
EXSC 101	Applied Anatomy/Lab ^{1,2}	3
EXSC 201	Exercise Physiology with Lab ^{1,2}	3
EXSC 202	Biomechanics with Lab ^{1,2}	3
EXSC 300	Research Methods in Exercise Science ^{1,2}	3
EXSC 301	Aerobic Exercise Leadership ^{1,2}	3
EXSC 302	Exercise Leadership: Resistance Training ^{1,2}	3
Subtotal		21
Required Upper Level Courses (24 credits if accepted to SRU AT Program)		
Must earn a "C" or better in the following courses		
EXSC 400	Wellness coaching and Program Management ^{1,2}	3
EXSC 401	Fitness Assessment ^{1,2}	3
EXSC 402	Exercise Prescription ^{1,2}	3
EXSC 403	Advanced Exercise Physiology ^{1,2}	3
EXSC 410	Clinical Exercise Physiology ^{1,2}	3
EXSC 411	Exercise Science: Special Populations and Conditions ^{1,2}	3
EXSC 412	Exercise Science: Senior Synthesis ^{1,2}	3
EXSC 424	Nutrition and Exercise ^{1,2}	3
Subtotal		24
Total Hours		45

¹ Course counts toward Major GPA

² Course counts for 50% of Major requirements

* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

NATURAL SCIENCE AND MATH COLLEGE-WIDE REQUIREMENTS

Code	Title	Hours
Must earn a "C" or better in the following courses		
BIOL 209		4
BIOL 309		4
PHYS 201	Elements of Physics I with Lab ¹	4
STAT 152	Elementary Statistics I ¹	3
Total Hours		15

¹ Course counts toward Major GPA

ADDITIONAL ATHLETIC TRAINING PREREQUISITE COURSES

Code	Title	Hours
BIOL 101	General Biology	4
or BIOL 110	The Human Body: Fundamentals of Structure and Physiology	
or BIOL 114	Biology II: Foundations of Molecules, Genes and Cells with Lab	
CHEM 104	Introduction Chemistry I	3
or CHEM 107	General Chemistry I	
EXSC 250	Medical Terminology	3
or HCAM 250	Medical Terminology for Healthcare Administrators	
PSYC 105	Introduction to Psychology	3

Athletic Training Graduate Program (Master of Science in Athletic Training)

Prerequisite Admission Requirements – Pre-Athletic Training SRU 3+2

For Application Requirements:

Please refer to Slippery Rock University's Athletic Training Graduate Program. (Master of Science in Athletic Training) website for requirements: www.sru.edu/AT/ (<http://www.sru.edu/AT/>)

Code	Title	Hours
Pre-Requisite Courses - SRU Athletic Training Graduate Program:		
EXSC 201	Exercise Physiology with Lab	3
or PE 238	Applied Principles of Exercise	
EXSC 202	Biomechanics with Lab	3
or PE 364	Biomechanics of Individuals with Disabilities	
EXSC 250	Medical Terminology	3
or HCAM 250	Medical Terminology for Healthcare Administrators	
EXSC 424	Nutrition and Exercise	3
or PE 393	Nutrition for Physical Activity, Exercise, and Health	
BIOL 110	The Human Body: Fundamentals of Structure and Physiology	3
or BIOL 114	Biology II: Foundations of Molecules, Genes and Cells with Lab	
BIOL 209		4
BIOL 309		4
CHEM 104	Introduction Chemistry I	3
or CHEM 107	General Chemistry I	
PHYS 201	Elements of Physics I with Lab	4
PSYC 105	Introduction to Psychology	3
STAT 152	Elementary Statistics I	3

Requirements for Pre-Athletic Training SRU 3+2:

If any of these requirements are not met, the 3+2 designation will be removed from the student's record:

1. A 3.0 or higher overall GPA must be maintained by the student.
2. The student can only be enrolled in the Pre-Athletic Training SRU 3+2 program for a maximum of three (3) years, full-time continuous enrollment (fall/spring).

Provision:

Should a Pre-Athletic Training SRU 3+2 student be unsuccessful in completing the 1st three semesters (summer or fall or spring terms) of the Athletic Training Graduate Program and want to complete the original undergraduate degree, it is solely up to the discretion of the undergraduate program Department Chair to determine which, if any, graduate level AT courses will count toward the completion of his/her undergraduate degree. In addition, students must complete any unfulfilled requirements of their undergraduate major. Students may still apply to the AT program with an earned Bachelor's degree.

Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.*

PASSHE - Pennsylvania State System of Higher Education Institutions

EXERCISE SCIENCE - BS (6149)

PRE-AT SRU 3+2 (6SAT)

This program is effective as of Summer 2022

Revised 06.09.2022

UCC 03.01.2022