

# EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-OCCUPATIONAL THERAPY (SRU) (3+3)

## RECOMMENDED THREE-YEAR PLAN

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
Select one of the following:		3
EXSC 100	Introduction to Exercise Science: Careers and Content	3
EXSC 101	Applied Anatomy/Lab <sup>3</sup>	
PHYS 201	Elements of Physics I with Lab <sup>1,3</sup>	4
PSYC 105	Introduction to Psychology <sup>1</sup>	3
SUBJ 139	Foundations of Academic Discovery <sup>2</sup>	3
Rock Studies 2 Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
ESAP 101	FIRST Seminar <sup>8</sup>	1
<b>Hours</b>		<b>20</b>
<b>Spring</b>		
Select one of the following:		3
EXSC 100	Introduction to Exercise Science: Careers and Content <sup>3</sup>	
EXSC 101	Applied Anatomy/Lab <sup>3</sup>	
STAT 152	Elementary Statistics I <sup>1,3</sup>	3
Rock Studies 2 Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		9
Computer Competency Course (only if needed)		0-1
<b>Hours</b>		<b>15-16</b>
<b>Second Year</b>		
<b>Fall</b>		
EXSC 201	Exercise Physiology with Lab <sup>3</sup>	3
EXSC 202	Biomechanics with Lab <sup>3</sup>	3
BIOL 209	Human Anatomy & Physiology I <sup>1,3</sup>	4
PSYC 244	Developmental Psychology	3
Rock Studies 2 Requirement ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/</a> )		3
Sociology or Anthropology Course (See My Rock Audit for options)		3
<b>Hours</b>		<b>19</b>
<b>Spring</b>		
EXSC 300	Research Methods in Exercise Science <sup>3</sup>	3
EXSC 301	Aerobic Exercise Leadership <sup>3</sup>	3
EXSC 302	Exercise Leadership: Resistance Training <sup>3</sup>	3
EXSC 250 or HCAM 250	Medical Terminology or Medical Terminology for Healthcare Administrators	3
BIOL 309	Human Anatomy & Physiology II <sup>3</sup>	4

Rock Studies 2 Requirement (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 3

**Hours** 19

### Third Year

#### Fall

EXSC 400 Wellness coaching and Program Management<sup>3</sup> 3

EXSC 401 Fitness Assessment<sup>3</sup> 3

EXSC 402 Exercise Prescription<sup>3</sup> 3

EXSC 403 Advanced Exercise Physiology<sup>3</sup> 3

PSYC 276 Introduction to Abnormal Psychology 3

Rock Studies 2 Requirement (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 3

**Hours** 18

#### Spring

EXSC 410 Clinical Exercise Physiology<sup>3</sup> 3

EXSC 411 Exercise Science: Special Populations and Conditions<sup>3</sup> 3

EXSC 412 Exercise Science: Senior Synthesis<sup>3</sup> 3

Select one of the following: 3

EXSC 424 Nutrition and Exercise<sup>3</sup>

HLTH 424 Nutrition and Exercise<sup>3</sup>

Rock Studies 2 Requirement (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/>) 6

**Hours** 18

### Fourth Year

#### Fall

**Senior Year: If not accepted into SRU ODT<sup>4</sup>**

EXSC 450 Exercise Science Internship<sup>3,5</sup> 12

**Hours** 12

**Total Hours\*\*** 121-122

<sup>1</sup> Course satisfies majors and Rock Studies 2 requirements.

<sup>2</sup> Course offered in multiple subjects; cannot take course in first major subject

<sup>3</sup> Must earn a "C" or better in the course.

<sup>4</sup> **Senior Year- If not accepted into SRU ODT:** If you choose to pursue Exercise Science 3+3 and are not accepted into graduate SRU OTD, then EXSC 450: Exercise Science Internship (12 credits) is required to complete a first major of Exercise Science. Please refer to the Exercise Science Curriculum Guide.

<sup>5</sup> Students must complete this 12 credit requirement by registering for two sections of this 6-cr hour course in the same semester

\* Students are encouraged to take ESAP 101 as a Free Elective.

Students must meet all Exercise Science 3+3 major requirements, SRU Occupational Therapy Doctorate (OTD) Program prerequisites, and rock studies 2 requirements to apply.

**Senior Year- If accepted into the SRU OTD:** The first year will count as the 4th year of the Exercise Science program. Upon successful completion of the first year of the SRU OTD, students will graduate with a BS in Exercise Science. Should an Exercise Science 3+3 student be unsuccessful in completing the 1<sup>st</sup> year of the SRU OTD and wants to complete their original undergraduate degree, it is solely up to the discretion of their undergraduate program Department Chair to determine which, if any

Occupational Therapy courses will count toward the completion of their undergraduate degree. In addition, students must complete EXSC 450: Exercise Science Internship (12 credits).

*\*\* This document is meant to serve as a guide. Some planners may show more than 120 credits because faculty have created flexibility in choosing courses. However, only 120 credits are required to obtain a degree. Please consult with your academic adviser and refer to your curriculum guide prior to registering for courses. This plan should be reviewed, and verified, by you and your academic adviser at least once each academic year.*

Major Code: 6149

Pre-Occupational Therapy 3+3 (6EOT)

Revised: 02.10.2023