

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS)

CURRICULUM GUIDE

GPA REQUIREMENT – EXERCISE SCIENCE

1st Major: Exercise Science

- Overall GPA: 2.0 or higher
- Major GPA (includes Major Requirements and College Wide Requirements): 2.0 or higher

SUMMARY*

Code	Title	Hours
	Rock Studies 2 Requirements	44
	Other Basic Requirements	0-3
	Computer Competency	0-3
	Major Requirements	57
	Natural Science and Math College-Wide Requirements	15
	Electives	15

* 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.

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:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
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>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
<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	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.

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:		0-3
Meet required minimum SAT or ACT math score OR		
ESAP 110	Beginning Algebra	
Total Hours		0-3

Computer Competency

Code	Title	Hours
Demonstrate "computer competency" by one of the following:		0-3
Pass Computer Competency Exam OR		
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

- 29 major credits must be taken at SRU or PASSHE
- 29 major credits must be taken at the 300 level or above
- Students may choose to earn a BS in Exercise Science as preparation for graduate studies in many health care related fields. In this case, the student should learn what prerequisites are required for his/her intended graduate program and take those courses as electives while completing the Exercise Science Program.
- This program prepares you to sit for national examinations. While professional licensure/certification is not required, some employers may require certification.

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		
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	3
EXSC 410	Clinical Exercise Physiology ^{1,2}	3
EXSC 411	Exercise Science: Special Populations and Conditions	3
EXSC 412	Exercise Science: Senior Synthesis ^{1,2}	3
EXSC 424	Nutrition and Exercise ^{1,2}	3
EXSC 450	Exercise Science Internship ^{1,2}	6
EXSC 450	Exercise Science Internship ^{1,2}	6
Subtotal		36
Total Hours		57

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

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)

This program is effective as of Summer 2022

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