

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-CHIROPRACTIC (LOGAN) (3+3)

RECOMMENDED THREE-YEAR PLAN

Course	Title	Hours
First Year		
Fall		
Select one of the following: 3		
EXSC 100	Introduction to Exercise Science: Careers and Content ³	
EXSC 101	Applied Anatomy/Lab ³	
PHYS 201	Elements of Physics I with Lab ^{1,3}	4
SUBJ 139	Foundations of Academic Discovery ²	3
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
ESAP 101	FIRST Seminar	1
Hours		14
Spring		
Select one of the following: 3		
EXSC 100	Introduction to Exercise Science: Careers and Content ³	
EXSC 101	Applied Anatomy/Lab ³	
STAT 152	Elementary Statistics I ^{1,3}	3
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		9
Computer Competency Course (only if needed)		0-1
Hours		15-16
Second Year		
Fall		
EXSC 201	Exercise Physiology with Lab ³	3
EXSC 202	Biomechanics with Lab ³	3
BIOL 209	Human Anatomy and Physiology I ^{1,3}	4
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		9
Hours		19
Spring		
EXSC 300	Research Methods in Exercise Science ³	3
EXSC 301	Aerobic Exercise Leadership ³	3
EXSC 302	Exercise Leadership: Resistance Training ³	3
BIOL 309	Human Anatomy and Physiology II ³	4
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		16
Third Year		
Fall		
EXSC 400	Wellness Coaching and Program Management ³	3
EXSC 401	Fitness Assessment ³	3

EXSC 402	Exercise Prescription ³	3
EXSC 403	Advanced Exercise Physiology ³	3
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		15
Spring		
EXSC 410	Clinical Exercise Physiology ³	3
EXSC 411	Exercise Science: Special Populations and Conditions ³	3
EXSC 412	Exercise Science: Senior Synthesis ³	3
EXSC 424	Nutrition and Exercise ³	3
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		15
Fourth Year		
Fall		
Senior Year: If not accepted into Logan Chiropractic ⁴		
EXSC 450	Exercise Science Internship ³	12
Hours		12
Total Hours**		106-107

¹ Course satisfies majors and Rock Studies requirements.

² Course offered in multiple subjects; cannot take course in first major subject

³ Must earn a "C" or better in the course.

⁴ **Senior Year- If not accepted into Logan Chiropractic Graduate Program:** The first three semesters (summer or fall or spring terms) of the Doctor of Chiropractic degree program, will count as the 4th year of the Exercise Science program. Upon successful completion of the first three semesters of the Logan Chiropractic program, students will graduate with a BS in Exercise Science. Should an Exercise Science 3.3 student be unsuccessful in completing the first three semesters of the Logan Chiropractic programs 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 Chiropractic courses will count toward the completion of their undergraduate degree. In addition, students must complete EXSC 450 (12 credits).

Senior Year- If accepted into the SRU AT Graduate Program: The first two semesters will count as the 4th year of the Exercise Science program. Upon successful completion of the first two semesters of the SRU AT Graduate Program, students will graduate with a BS in Exercise Science. Should an Exercise Science 3+2 student be unsuccessful in completing the first two semesters of the SRU AT Graduate Program 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 Athletic Training courses will count toward the completion of their undergraduate degree. In addition, students must complete EXSC 450: Exercise Science Internship (12 credits).

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

** 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.

2 Exercise Science, Bachelor of Science (BS) / Pre-Chiropractic (Logan) (3+3)

Students must meet all Exercise Science 3+3 major requirements, Logan Chiropractic Graduate program prerequisites, and Rock Studies requirements to apply.

Major: 6149

Pre-Chiropractic (Logan) 3+3 (6EPC)

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