

# EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-PHYSICAL THERAPY (SRU) (TRADITIONAL)

## RECOMMENDED FOUR-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 <sup>3</sup>	
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
ESAP 101	FIRST Seminar *	1
Rock Studies 2 Requirements ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>17</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>	
PHYS 202	Elements of Physics II/ Lab <sup>3</sup>	4
STAT 152	Elementary Statistics I <sup>1,3</sup>	3
Rock Studies 2 Requirements ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		6
Computer Competency Course (only if needed)		0-1
<b>Hours</b>		<b>16-17</b>
<b>Second Year</b>		
<b>Fall</b>		
Select one of the following:		3
EXSC 201	Exercise Physiology with Lab <sup>3</sup>	
EXSC 202	Biomechanics with Lab <sup>3</sup>	
BIOL 209	Human Anatomy and Physiology I <sup>1,3</sup>	4
CHEM 107 & CHEM 111	General Chemistry I and General Chemistry I Lab	4
Rock Studies 2 Requirements ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		6
<b>Hours</b>		<b>17</b>
<b>Spring</b>		
Select one of the following:		3
EXSC 201	Exercise Physiology with Lab <sup>3</sup>	
EXSC 202	Biomechanics with Lab <sup>3</sup>	
BIOL 309	Human Anatomy and Physiology II <sup>3</sup>	4
CHEM 108 & CHEM 112	General Chemistry II and General Chemistry II Lab	4

Rock Studies 2 Requirements OR Elective ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		6
<b>Hours</b>		<b>17</b>
<b>Third Year</b>		
<b>Fall</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
Psychology Course (See My Rock Audit for options)		3
Rock Studies 2 Requirements ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
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
Rock Studies 2 Requirements ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>15</b>
<b>Fourth Year</b>		
<b>Fall</b>		
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
EXSC 424	Nutrition and Exercise <sup>3</sup>	3
Rock Studies 2 Requirements ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
EXSC 450	Exercise Science Internship <sup>3,4,5</sup>	12
<b>Hours</b>		<b>12</b>
<b>Total Hours**</b>		<b>124-125</b>

<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 grade of "C" or better  
<sup>4</sup> EXSC 450: Exercise Science Internship may be scheduled Only after all prerequisites are met. Also required are a valid First Aid, CPR/AED certification and proof of student professional liability insurance. EXSC 412 provides all necessary information pertaining to the internship registration process and is taken the semester prior to internship and students must complete this 12-credit requirement by registering for two sections of this 6-credit hour course in the same semester.

\* 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.*

Students should review necessary prerequisite courses for targeted graduate programs at insitutions other than Slippery Rock University. Students should meet with advisor to discuss how to add any additional classes to the recommended plans of studies.

Major Code: 6149

Pre-Physical Therapy SRU Traditional (PT)

Revised: 06.05.2023