

# EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-PHYSICAL 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 <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	FYRST Seminar <sup>*</sup>	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	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>		
EXSC 201	Exercise Physiology with Lab <sup>3</sup>	3
EXSC 202	Biomechanics with Lab <sup>3</sup>	3
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
*Additional credits beyond 18 requires an extra fee.		
<b>Hours</b>		<b>20</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
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 ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
*Additional credits beyond 18 requires an extra fee		
<b>Hours</b>		<b>20</b>
<b>Third Year</b>		
<b>Fall</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
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>18</b>
<b>Spring</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> )		6
<b>Hours</b>		<b>18</b>
<b>Fourth Year</b>		
<b>Fall</b>		
<b>Senior Year: If not accepted into SRU DPT<sup>4</sup></b>		
EXSC 450	Exercise Science Internship <sup>3,5</sup>	12
<b>Hours</b>		<b>12</b>
<b>Total Hours**</b>		<b>121-122</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 "C" or better in the course.  
<sup>4</sup> **Senior Year- If not accepted into SRU DPT:** If you choose to pursue Exercise Science 3+3 and are not accepted into SRU DPT Graduate Program, 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 are encouraged to choose a Rock Studies 2 Thematic Thread that includes PSYC 105.

Students must meet all Exercise Science 3+3 major requirements, SRU Doctorate of Physical Therapy (DPT) Program prerequisites, and Rock Studies 2 requirements to apply.

**Senior Year- If accepted into the SRU DPT:** 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 DPT Graduate Program, students will graduate with a BS in Exercise Science. Should an Exercise Science 3+3 student be unsuccessful in completing the first two semesters of the SRU DPT 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 Physical 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-Physical Therapy 3+3 (61P9)

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