

# EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-ATHLETIC TRAINING (SRU) (TRADITIONAL)

## PROGRAM LEARNING OUTCOMES

- **Professional Competence:** To utilize knowledge, skills, and abilities to evaluate health behavior and risk factors; develop, implement, and evaluate evidence-based exercise and wellness programs, and employ behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors. UO 3,4,5
- **Professional Interaction and Communication:** To interact and communicate effectively by presenting information in oral and written formats, collaborating with professionals and peers, expressing ideas clearly, and giving and receiving feedback. UO 1
- **Professional Behavior and Involvement:** To model professional behaviors (including preparedness, engagement, and appearance), and demonstrate professional involvement across the major. UO 5,7,9
- **Ethical Reasoning:** To make well-informed and unbiased decisions to enhance the well-being of others. UO 8,10
- **Critical Thinking:** To demonstrate clear and accurate reasoning to make decisions and solve problems. UO 2

## What are your options?

**Pre-Athletic Training SRU 3+2:** Earn a Master of Science degree in Athletic Training in five years rather than six. In the first three years, you complete your major courses and prerequisites for the SRU AT graduate program. During your third undergraduate year, you apply for admission into the SRU AT graduate program. If accepted, your first year in the SRU AT graduate program meets the remaining requirements for your undergraduate degree. If not accepted, you continue to complete your undergraduate degree and can reapply to the program. The accelerated option is for incoming freshmen only.

**Pre-Athletic Training (SRU Traditional):** Complete the requirements for your major and the prerequisites for the SRU AT graduate program and apply to the SRU AT graduate program in your senior year.

## Academic Policies for Students in the Exercise Science Major

*Effective for all Exercise Science Majors beginning Spring 2021*

1. Policy for earning acceptable grades in the Exercise Science program:
  - a. A student must earn a grade of "C" or better in ALL Required Basic Courses (EXSC 100's, EXSC 200's, EXSC 300's) and Required Upper Level Courses (EXSC 400's, EXSC 410's, EXSC 424, EXSC 450).
  - b. A student must earn a grade of "C" or better in ALL Natural Science and Math College-Wide Requirements (BIOL 216/BIOL 217 or BIOL 209/BIOL 309, STAT 152, PHYS 201).
  - c. The Exercise Science curriculum is structured with pre-requisites. A student must earn a "C" or better in the pre-requisite course to be able to take the next course. See course catalog for pre-requisites.
2. SRU has a *Repeat of Courses Policy* as follows and it can be found in the course catalog: Repeat of Courses < Slippery Rock University (sru.edu) (<https://catalog.sru.edu/academic-policies/repeat-of-courses/>)
  - a. Students may attempt to improve their grade point average by repeating courses. The most recent grade earned is used in calculating the GPA even if the earlier grade was higher. If a passed course is repeated and failed (or NC), the student will lose both the grade points and credits previously earned. However, all grades will appear on the transcript. Courses in which a grade was earned at Slippery Rock University may not be repeated at any institution. A grade of W (withdraw) does not count as an earned grade.
 

Students who repeat a course must do so using the same grading system under which they originally took the course. For example, a student who originally took a course graded A-F may not repeat the course on a P/NC, P/F, or audit basis. Students may not repeat a course by using any Credit by Examination program if they originally took the course on a graded A-F, P/NC, P/F, or audit basis.

Undergraduate students will be limited to a maximum total of six repeats during their entire SRU academic career, excluding withdrawal grades.

In addition, repeats of a single course will be limited to a maximum of two. This means, no single course may be taken more than three times (excluding withdrawal grades). The course repeat policy for post-baccalaureate students is the same as the undergraduate student policy.
  - d. If a student does not earn a "C" or better, they will be required to:
    - i. Retake the course
    - ii. They will be dropped from any course(s) in the following semester that requires a "C" or better as a pre-requisite (see course catalog for pre-requisites)
    - iii. Students will need to meet with their Academic Advisor and change their schedule accordingly
3. Once the student has exceeded the *SRU Repeat of Courses Policy*, the student will no longer remain in the Exercise Science major and all EXSC- Exercise Science Major courses will be removed from their schedule. The student should change their major as soon as possible and meet with the new major to register for classes.
4. Policy for changing to the Exercise Science major:
  - a. A Slippery Rock University student wishing to change their major to Exercise Science MUST have an overall GPA of 2.00.
  - b. A transfer student who enters from another University must have an overall GPA of 2.00.
5. Additional costs associated with the Exercise Science major:
  - a. Lab fees will be collected for exercise science classes with a lab component. This fee enhances the department's ability to offer a high-quality program.
  - b. A student in the Exercise Science major is required to maintain current CPR/AED, First Aid, and Student Professional Liability

Insurance while enrolled in EXSC 412 and EXSC 450 at their own cost. More information will be provided to students in the upper level EXSC courses.

- c. EXSC 450 Internship: Certain sites may require one or more of the following: physical examinations, record of immunizations, TB test, criminal background checks, drug testing, specific certifications for CPR/AED (e.g., American Heart Association), and HIPAA training. These may require additional costs for students. Fulfilling these requirements and obtaining appropriate documentation is the responsibility of the student.

Updated March 15, 2023

## RELATED LINKS

Exercise Science - Pre-Athletic Training, BS Program Page (<https://www.sru.edu/academics/majors-and-minors/exercise-science-pre-athletic-training/>)

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensures/>)

## CURRICULUM GUIDE

### GPA REQUIREMENT - EXERCISE SCIENCE

Overall GPA: 2.00 or higher

Major GPA (includes Major Requirements and College-Wide Requirements): 2.00 or higher

### SUMMARY\*

Code	Title	Hours
	Rock Studies 2 Requirements	44
	Other Basic Requirements	0-3
	Major Requirements	57
	Natural Science and Math College-Wide Requirements	15
	Additional Athletic Training Prerequisite Courses	13
	Electives	2

\* 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
<b>The Rock</b>		
SUBJ 139	Foundations of Academic Discovery <sup>1</sup>	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

*Creative and Aesthetic Inquiry*

Select 3 Credits (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/>) 3

*Humanities Inquiry*

Select 3 Credits (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/>) 3

*Social Science Inquiry*

Select 3 Credits (<https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/>) 3

*Natural Sciences Inquiry*

BIOL 209 Human Anatomy and Physiology I 4

*Physical Science Inquiry*

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-program/>) <sup>2,3</sup> 12

**Total Hours 44**

<sup>1</sup> Course offered in multiple subjects; cannot take course in first major subject

<sup>2</sup> 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.

<sup>3</sup> Additional Athletic Training prerequisite courses may be fulfilled in a Thematic Thread.

### 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**

### 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.

Code	Title	Hours
<b>Required Basic Courses</b>		
Must earn a "C" or better in the following courses		
EXSC 100	Introduction to Exercise Science: Careers and Content <sup>1,2</sup>	3

EXSC 101	Applied Anatomy/Lab <sup>1,2</sup>	3
EXSC 201	Exercise Physiology with Lab <sup>1,2</sup>	3
EXSC 202	Biomechanics with Lab <sup>1,2</sup>	3
EXSC 300	Research Methods in Exercise Science <sup>1,2</sup>	3
EXSC 301	Aerobic Exercise Leadership <sup>1,2</sup>	3
EXSC 302	Exercise Leadership: Resistance Training <sup>1,2</sup>	3

Subtotal 21

**Required Upper Level Courses**

Must earn a "C" or better in the following courses

EXSC 400	Wellness Coaching and Program Management <sup>1,2</sup>	3
EXSC 401	Fitness Assessment <sup>1,2</sup>	3
EXSC 402	Exercise Prescription <sup>1,2</sup>	3
EXSC 403	Advanced Exercise Physiology <sup>1,2</sup>	3
EXSC 410	Clinical Exercise Physiology <sup>1,2</sup>	3
EXSC 411	Exercise Science: Special Populations and Conditions <sup>1,2</sup>	3
EXSC 412	Exercise Science: Senior Synthesis <sup>1,2</sup>	3
EXSC 424	Nutrition and Exercise <sup>1,2</sup>	3
EXSC 450	Exercise Science Internship <sup>1,2</sup>	6
EXSC 450	Exercise Science Internship <sup>1,2</sup>	6
Subtotal		36

**Total Hours 57**

- <sup>1</sup> Course counts toward Major GPA
- <sup>2</sup> 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	Human Anatomy and Physiology I	4
BIOL 309	Human Anatomy and Physiology II	4
PHYS 201	Elements of Physics I with Lab <sup>1</sup>	4
STAT 152	Elementary Statistics I <sup>1</sup>	3
<b>Total Hours</b>		<b>15</b>

- <sup>1</sup> Course counts toward Major GPA

**ADDITIONAL ATHLETIC TRAINING PREREQUISITE COURSES**

Code	Title	Hours
BIOL 110	The Human Body: Fundamentals of Structure and Physiology	3
or BIOL 114	Biology II: Foundations of Molecules, Genes and Cells with Lab	
CHEM 104	Introduction Chemistry I	3
or CHEM 107	General Chemistry I	
EXSC 250	Medical Terminology	3

or HCAM 250	Medical Terminology for Healthcare Administrators	
PSYC 105	Introduction to Psychology	3

**Athletic Training Graduate Program (Master of Science in Athletic Training)**

**Prerequisite Admission Requirements**

**For Application Requirements:**

Please refer to Slippery Rock University's Athletic Training Graduate Program. (Master of Science in Athletic Training) website for requirements: [www.sru.edu/AT/](http://www.sru.edu/AT/) (<http://www.sru.edu/AT/>)

Code	Title	Hours
<b>Prerequisite Courses - SRU Athletic Training Graduate Program:</b>		
BIOL 110	The Human Body: Fundamentals of Structure and Physiology	3
or BIOL 114	Biology II: Foundations of Molecules, Genes and Cells with Lab	
BIOL 209	Human Anatomy and Physiology I	4
BIOL 309	Human Anatomy and Physiology II	4
CHEM 104	Introduction Chemistry I	3
or CHEM 107	General Chemistry I	
EXSC 201	Exercise Physiology with Lab	3
or PE 238	Applied Principles of Exercise	
EXSC 202	Biomechanics with Lab	3
or RCTH 364	Biomechanics of Individuals with Disabilities	
EXSC 250	Medical Terminology	3
or HCAM 250	Medical Terminology for Healthcare Administrators	
EXSC 424	Nutrition and Exercise	3
or PE 393	Nutrition for Physical Activity, Exercise, and Health	
PHYS 201	Elements of Physics I with Lab	4
PSYC 105	Introduction to Psychology	3
STAT 152	Elementary Statistics I	3
<b>Total Hours</b>		<b>36</b>

**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)  
 PRE-AT (SRU Traditional)  
 This program is effective as of Summer 2022  
 Revised 06.05.2023  
 UCC 03.01.2022

**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>	3
EXSC 101	Applied Anatomy/Lab <sup>3</sup>	3
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 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
ESAP 101	FIRST Seminar <sup>*</sup>	1
<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>	3
EXSC 101	Applied Anatomy/Lab <sup>3</sup>	3
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> )		9
Computer Competency Course (only if needed)		0-1
<b>Hours</b>		<b>15-16</b>
<b>Second Year</b>		
<b>Fall</b>		
Select one of the following:		3
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
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> )		9
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
Select one of the following:		3
EXSC 201	Exercise Physiology with Lab <sup>3</sup>	3
EXSC 202	Biomechanics with Lab <sup>3</sup>	3
BIOL 309	Human Anatomy and Physiology II <sup>3</sup>	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
EXSC 250 or HCAM 250	Medical Terminology or Medical Terminology for Healthcare Administrators	3
<b>Hours</b>		<b>16</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
CHEM 104 or CHEM 107	Introduction Chemistry I or General Chemistry I	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
BIOL 110 or BIOL 114	The Human Body: Fundamentals of Structure and Physiology or Biology II: Foundations of Molecules, Genes and Cells with Lab	3-4
<b>Hours</b>		<b>15-16</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> )		2-3
<b>Hours</b>		<b>14-15</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>120-123</b>

**SRU Athletic Training Program begins in the summer.**

<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.

<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.

\*\* 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 institutions other than Slippery Rock University. Students should meet with advisor to discuss how to add any additional classes to the recommended plan of study.

Major Code: 6149

Pre-Athletic Training SRU Traditional (P2)  
Revised: 06.05.2023