

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

RECOMMENDED FOUR-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
PSYC 105	Introduction to Psychology ¹	3
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		17
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		
Select one of the following:		3
EXSC 201	Exercise Physiology with Lab ³	
EXSC 202	Biomechanics with Lab 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		16
Spring		
Select one of the following:		3
EXSC 201	Exercise Physiology with Lab ³	
EXSC 202	Biomechanics with Lab ³	
BIOL 309	Human Anatomy and Physiology II ³	4
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		6
EXSC 250 or HCAM 250	Medical Terminology or Medical Terminology for Healthcare Administrators	3
Hours		16

Third Year

Fall

EXSC 300	Research Methods in Exercise Science ³	3
EXSC 301	Aerobic Exercise Leadership ³	3
EXSC 302	Exercise Leadership: Resistance Training ³	3
CHEM 104 or CHEM 107	Introduction Chemistry I or General Chemistry I	3
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
Hours		15

Spring

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
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
Hours		15-16

Fourth Year

Fall

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/)		2-3
Hours		14-15

Spring

EXSC 450	Exercise Science Internship ^{3,4,5}	12
Hours		12
Total Hours**		120-123

SRU Athletic Training Program begins in the summer.

- ¹ Course satisfies majors and Rock Studies 2 requirements.
 - ² Course offered in multiple subjects; cannot take course in first major subject
 - ³ Must earn a grade of "C" or better
 - ⁴ 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.
 - ⁵ 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