EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-ATHLETIC TRAINING (SRU) (3+2)

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
PSYC 105	Introduction to Psychology [1]	3
SUBJ 139	Foundations of Academic Discovery [2]	3
ESAP 101	FYRST Seminar *	1
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
	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		
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
EXSC 250 or HCAM 250	Medical Terminology or Medical Terminology for Healthcare Administrators	3
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
	Hours	**19**
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
CHEM 104 or CHEM 107	Introduction Chemistry I or General Chemistry I	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
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
Rock Studies 2 Requirements (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
	Hours	**18**
Fourth Year		
Fall		
Senior Year: If not accepted into SRU AT [4]		
EXSC 450	Exercise Science Internship [3,5]	12
	Hours	**12**
	Total Hours**	**115-116**

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 SRU AT Graduate Program:** If you choose to pursue Exercise Science 3+2 and are not accepted into SRU AT 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.

5 Students must complete this 12 credit requirement by registered for two sections oof this 6-credit hour course in the same semester.

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

Students must meet all Exercise Science 3+2 major requirements, SRU Athletic Training (AT) Graduate Program prerequisites, and Rock studies requirements to apply.

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).

*** 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-Athletic Training SRU 3+2 (6SAT)
Revised: 06.05.2023