

# EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-PHYSICIAN ASSISTANT (SRU) (3+2)

## 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-Physician Assistant SRU 3+2:** Earn a Master of Science degree in Physician Assistant Studies in five years rather than six. In the first three years, you complete your major courses and prerequisites for the SRU PA program. At the end of your second year, you apply for admission into the SRU PA program. If accepted, your first year in the SRU PA 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-Physician Assistant (SRU Traditional):** Complete the requirements for your major and the prerequisites for the SRU PA program and apply to the SRU PA 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/>)
  - 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
  - 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.
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-Physician Assistant, BS Program Page (<https://www.sru.edu/academics/majors-and-minors/exercise-science-pre-physician-assistant/>)

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

## CURRICULUM GUIDE

### GPA REQUIREMENT – EXERCISE SCIENCE

#### 1<sup>st</sup> Major: Exercise Science

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

#### 2<sup>nd</sup> Major: Pre-PA SRU 3+2 Exercise Science

- Overall GPA: 3.25 or higher

### SUMMARY\*

| Code | Title                                               | Hours |
|------|-----------------------------------------------------|-------|
|      | Rock Studies 2 Requirements                         | 44    |
|      | Other Basic Requirements                            | 0-3   |
|      | Major Requirements                                  | 45    |
|      | Natural Science and Math College-Wide Requirements  | 15    |
|      | Additional Physician Assistant Prerequisite Courses | 28    |
|      | Electives                                           | 0     |

\* 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. However, because this is a pre-professional program, credits taken during the 1<sup>st</sup> year of the graduate program are applied toward the undergraduate credit hours to meet the 120 credits required for your undergraduate degree.

### 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        |
| <b>Integrated Inquiry</b>                                                                                                                                                                            |                                |           |
| <i>Creative and Aesthetic Inquiry</i>                                                                                                                                                                |                                |           |
| Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )                 |                                | 3         |
| <i>Humanities Inquiry</i>                                                                                                                                                                            |                                |           |
| Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )                 |                                | 3         |
| <i>Social Science Inquiry</i>                                                                                                                                                                        |                                |           |
| Select 3 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )                 |                                | 3         |
| <i>Natural Sciences Inquiry</i>                                                                                                                                                                      |                                |           |
| BIOL 209                                                                                                                                                                                             | Human Anatomy and Physiology I | 4         |
| <i>Physical Science Inquiry</i>                                                                                                                                                                      |                                |           |
| PHYS 201                                                                                                                                                                                             | Elements of Physics I with Lab | 4         |
| Subtotal                                                                                                                                                                                             |                                | 17        |
| <b>Thematic Thread</b>                                                                                                                                                                               |                                |           |
| Select 12 Credits ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> ) <sup>2,3</sup> |                                | 12        |
| <b>Total Hours</b>                                                                                                                                                                                   |                                | <b>44</b> |

<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 Physician Assistant 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 |            |
| <b>Total Hours</b>                             |                   | <b>0-3</b> |

### 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

- If you choose to pursue Pre-Physician Assistant SRU 3+2 Exercise Science and are not accepted into the PA program, then EXSC 450: Internship is required to complete a first major of Exercise Science. Please refer to the Exercise Science Curriculum Guide.

| 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        |
| <b>Required Upper Level Courses (24 credits if accepted to SRU PA Program)</b> |                                                                      |           |
| 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         |
| Subtotal                                                                       |                                                                      | 24        |
| <b>Total Hours</b>                                                             |                                                                      | <b>45</b> |

<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 PHYSICIAN ASSISTANT PREREQUISITE COURSES

| Code     | Title                                                          | Hours |
|----------|----------------------------------------------------------------|-------|
| BIOL 114 | Biology II: Foundations of Molecules, Genes and Cells with Lab | 4     |
| BIOL 250 | Genetics with Lab                                              | 4     |
| BIOL 210 | Medical Microbiology with Lab                                  | 3     |

|                    |                                                   |           |
|--------------------|---------------------------------------------------|-----------|
| or BIOL 330        | Microbiology/Lab                                  |           |
| CHEM 107           | General Chemistry I                               | 3         |
| CHEM 111           | General Chemistry I Lab                           | 1         |
| CHEM 108           | General Chemistry II                              | 3         |
| CHEM 112           | General Chemistry II Lab                          | 1         |
| CHEM 201           | Organic Chemistry I                               | 3         |
| EXSC 250           | Medical Terminology                               | 3         |
| or HCAM 250        | Medical Terminology for Healthcare Administrators |           |
| PSYC 105           | Introduction to Psychology                        | 3         |
| <b>Total Hours</b> |                                                   | <b>28</b> |

## Physician Assistant Studies (Master of Science in Physician Assistant Studies) Prerequisite Admission Requirements – Pre-Physician Assistant 3+2

### For Application Requirements

Please refer to Slippery Rock University's Physician Assistant Studies (Master of Science in Physician Assistant Studies) website for requirements: <http://www.sru.edu/pa> (<http://www.sru.edu/pa/>)

### Rock Studies 2

| Code                                                  | Title                                                          | Hours     |
|-------------------------------------------------------|----------------------------------------------------------------|-----------|
| <b>Prerequisite Courses - SRU Physician Assistant</b> |                                                                |           |
| BIOL 114                                              | Biology II: Foundations of Molecules, Genes and Cells with Lab | 4         |
| BIOL 210                                              | Medical Microbiology with Lab                                  | 3         |
| or BIOL 330                                           | Microbiology/Lab                                               |           |
| BIOL 209                                              | Human Anatomy and Physiology I                                 | 4         |
| BIOL 309                                              | Human Anatomy and Physiology II                                | 4         |
| BIOL 250                                              | Genetics with Lab                                              | 4         |
| CHEM 107 & CHEM 111                                   | General Chemistry I and General Chemistry I Lab                | 4         |
| CHEM 108 & CHEM 112                                   | General Chemistry II and General Chemistry II Lab              | 4         |
| CHEM 201                                              | Organic Chemistry I                                            | 3         |
| EXSC 250                                              | Medical Terminology                                            | 3         |
| or HCAM 250                                           | Medical Terminology for Healthcare Administrators              |           |
| PSYC 105                                              | Introduction to Psychology                                     | 3         |
| <i>Inferential Statistics Course</i>                  |                                                                |           |
| BIOL 325                                              | Biostatistics and Experimental Design with Lab                 | 3         |
| STAT 152                                              | Elementary Statistics I                                        |           |
| <b>Total Hours</b>                                    |                                                                | <b>39</b> |

### Pre-Physician Assistant SRU 3+2 Requirements

If any of these requirements are not met, the 3+2 designation will be removed from the student's record:

1. A 3.25 or higher overall GPA must be maintained by the student.
2. The student can only be enrolled in the Pre-Physician Assistant SRU 3+2 program for a maximum of three (3) years, full-time continuous enrollment (fall/spring).

## Provision

Should a Pre-Physician Assistant SRU 3+2 student be unsuccessful in completing the 1<sup>st</sup> two semesters (summer or fall) of the Physician Assistant Program and wants to complete the original undergraduate degree, it is solely up to the discretion of the undergraduate program Department Chair to determine which, if any, Physician Assistant courses will count toward the completion of his/her undergraduate degree. In addition, students must complete any unfulfilled requirements of their undergraduate major. Students may still apply to the Physician Assistant Studies Program with an earned Bachelor's degree.

## 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-PA SRU 3+2 (6SPE)

This program is effective as of Summer 2022

Revised 06.10.2022

UCC 03.01.2022

## RECOMMENDED THREE-YEAR PLAN

| Course                                                                                                                                                                                          | Title                                                              | Hours        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------|
| <b>First Year</b>                                                                                                                                                                               |                                                                    |              |
| <b>Fall</b>                                                                                                                                                                                     |                                                                    |              |
| EXSC 100                                                                                                                                                                                        | Introduction to Exercise Science: Careers and Content <sup>3</sup> | 3            |
| CHEM 107 & CHEM 111                                                                                                                                                                             | General Chemistry I and General Chemistry I Lab                    | 4            |
| PHYS 201                                                                                                                                                                                        | Elements of Physics I with Lab <sup>1,3</sup>                      | 4            |
| 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>18</b>    |
| <b>Spring</b>                                                                                                                                                                                   |                                                                    |              |
| EXSC 101                                                                                                                                                                                        | Applied Anatomy/Lab <sup>3</sup>                                   | 3            |
| CHEM 108 & CHEM 112                                                                                                                                                                             | General Chemistry II and General Chemistry II Lab                  | 4            |
| STAT 152                                                                                                                                                                                        | Elementary Statistics I <sup>1,3</sup>                             | 3            |
| PSYC 105                                                                                                                                                                                        | Introduction to Psychology <sup>1,**</sup>                         | 3            |
| Select one of the following:                                                                                                                                                                    |                                                                    | 3-4          |
| BIOL 114                                                                                                                                                                                        | Biology II: Foundations of Molecules, Genes and Cells with Lab     |              |
| 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> ) |                                                                    |              |
| Computer Competency Course (only if needed)                                                                                                                                                     |                                                                    | 0-1          |
| <b>Hours</b>                                                                                                                                                                                    |                                                                    | <b>16-18</b> |

## Second Year

### Fall

|                                                                                                                                                                                                 |                                                                |     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----|
| 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   |
| Select one of the following:                                                                                                                                                                    |                                                                | 3-4 |
| BIOL 114                                                                                                                                                                                        | Biology II: Foundations of Molecules, Genes and Cells with Lab |     |
| CHEM 201                                                                                                                                                                                        | Organic 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> ) |                                                                |     |
| 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.                                                                                                                                            |                                                                |     |

### Hours

19-20

### Spring

|                                                                                                                                                                                                 |                                                       |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|---|
| 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 |
| BIOL 250                                                                                                                                                                                        | Genetics with 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                                                                                                                                             |                                                       |   |

### Hours

20

## Third Year

### Fall

|                                                                                                                                                                                                 |                                                       |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|---|
| 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> ) |                                                       | 6 |

### Hours

18

### Winter

|                                                                                                                                                                                                                                     |  |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---|
| Rock Studies 2 Requirement (Summer/Winter Courses) ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> ) <sup>4</sup> |  | 9 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---|

### Hours

9

### Spring

|             |                                                                   |   |
|-------------|-------------------------------------------------------------------|---|
| 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 |
| EXSC 250    | Medical Terminology <sup>1</sup>                                  | 3 |
| or HCAM 250 | or Medical Terminology for Healthcare Administrators              |   |
| BIOL 210    | Medical Microbiology with Lab                                     | 3 |

### Hours

18

## Fourth Year

### Fall

Senior Year: If not accepted into SRU PA <sup>5</sup>

|          |                                            |                |
|----------|--------------------------------------------|----------------|
| EXSC 450 | Exercise Science Internship <sup>3,6</sup> | 12             |
|          | <b>Hours</b>                               | <b>12</b>      |
|          | <b>Total Hours**</b>                       | <b>130-133</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> May also be taken in the summer.

<sup>5</sup> **Senior Year- If not accepted into SRU PA:** If you choose to pursue Exercise Science 3+2 and are not accepted into SRU PA 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>6</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 an Rock Studies 2 Thematic Thread that includes PSYC 105.

Students must meet all Exercise Science 3+2 major requirements, SRU PA Program prerequisites, and Rock Studies 2 requirements to apply.

**Senior Year- If accepted into the SRU PA:** 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 PA Graduate Program, students will graduate with a BS in Exercise Science. Should an Exercise Science 3+2 student be unsuccessful in completing the two semesters of the SRU PA 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 Physician Assistant 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-Physician Assistant SRU 3+2 (6SPE)

Revised: 06.05.2023