

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

## 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 *	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>
<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
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.		
<b>Hours</b>		<b>19-20</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
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		
<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
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>Winter</b>		
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
<b>Hours</b>		<b>9</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
EXSC 250	Medical Terminology <sup>1</sup>	3
or HCAM 250	or Medical Terminology for Healthcare Administrators	
BIOL 210	Medical Microbiology with Lab	3
<b>Hours</b>		<b>18</b>
<b>Fourth Year</b>		
<b>Fall</b>		
<b>Senior Year: If not accepted into SRU PA <sup>5</sup></b>		
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)

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