

# Exercise Science – Strength and Conditioning Track

## Bachelor of Science (BS.EXSC(NSCA))

Core Requirements			Credits	Notes/Instructions
College Sem.	Quest for Meaning	CSEM 100	3	†A student may be required to take ENGL 105 and/or MATH 100 based on placement exams administered prior to their first semester at King's College. ENGL 105 and MATH 100 are 3-credit courses and will count as free electives. †† The Intercultural Competence requirement can be satisfied by taking a 100-level language class for 3 credits or participating in an approved Study Abroad experience. (See college catalog for more information) <b>SBM</b> = Satisfied By Major requirement(s) and credit(s) listed below.
Communication & Creative Expression	Writing	ENGL 110†	3	
	Oral Communication	COMM 101	3	
	Literature	ENGL 140-149	3	
	The Arts	ARTS 100-149	3	
Citizenship	History	HIST 100-149	3	
	Intercultural	FREN/GERM/SPAN 100-level or Study Abroad††	3	
	Global Connections	ECON 150-199; GEOG 150-199; HIST 150-199; PS 150-199; SOC 150-199	3	
Quantitative & Scientific Reasoning	SBM Quantitative Reasoning	<b>MATH 126</b>	-	
	SBM Scientific Endeavor	NSCI 100	-	
	SBM Science in Context	NSCI 171-199	-	
	SBM Human Beh. & Soc. Inst	<b>SOC 101</b>	-	
Wisdom, Faith, & the Good Life	Introduction to Phil.	PHIL 101	3	
	Phil. Investigations	PHIL 170-199	3	
	Theology & Wisdom	THEO 150-159	3	
	Theology & the Good Life	THEO 160-169	3	
Total Core Credits			36	

Major Requirements	Credits	Major Requirements	Credits	Electives <sup>3</sup> / Other Requirements	Credits
EXSC 101	3	EXSC 219	3	HCE 101 Holy Cross Exp.	1
EXSC 150	3	EXSC 219L	1		
EXSC 245	3	EXSC 220 <sup>PR</sup>	3		
EXSC 280	3	EXSC 220L <sup>PR</sup>	1		
EXSC 290	3	CHEM 107 <sup>2</sup>	3		
EXSC 309 <sup>PR</sup>	3	CHEM 107L	1		
EXSC 310 <sup>PR</sup>	3	MATH 126 <sup>2,5</sup>	3		
EXSC 310L <sup>PR</sup>	1	PHYS 108 <sup>2</sup>	3		
EXSC 320 <sup>PR</sup>	3	PHYS 108L	1		
EXSC 325	3	PSYC 101	3		
EXSC 330 <sup>PR</sup>	3	PSYC 340	3		
EXSC 360	3	SOC 101 <sup>2,4</sup>	3		
EXSC 400 <sup>PR</sup>	3				
EXSC 400L <sup>PR</sup>	1				
EXSC 440 <sup>PR</sup>	3				
EXSC 450	2				
EXSC 460	2				
EXSC 480 <sup>PR</sup>	3				
EXSC 491	3				
EXSC 499PR	6				
Total Major Credits	57	Total Major Credits	28	Total Other Credits	1

**Total Credits Required for Graduation = 122**

\*If a student intends to go on to Occupational Therapy graduate school, it is recommended that the following classes are taken as electives:

Fall Junior Year: PSYC 355 – Developmental Psychology: Childhood and Adolescence PSYC 351 – Psychopathology  
 Spring Junior Year: PSYC 356 – Developmental Psychology: Adulthood & Aging  
 Fall Senior Year: PSYC 321 – Brain and Behavior  
 Spring Senior Year: PSYC 342 – Drugs and Behavior

### General Information:

A student must earn a minimum of 120 credit hours to be awarded the baccalaureate degree. The number of credit hours required for graduation may be higher in certain major programs or if the student elects to pursue a second major. Beyond the requirements of the Core Curriculum and of a student's chosen major program, the balances of the credit hours required for graduation are "free electives."

# Exercise Science – Strength and Conditioning Track

## Suggested Sequence

A suggested course sequence of degree requirements is listed below. Refer to the college catalog for course titles, descriptions, and prerequisites. Always consult your Academic Advisor when planning and scheduling your classes.

Fall	Credits	Spring	Credits
EXSC 101 Intro. to Exercise Science	3	EXSC 150 Prev., Treat., & Emerg. Care of Inj.	3
PHYS 108 <sup>2</sup> Applied Biophysics	3	CHEM 107 <sup>2</sup> General, Organic, & Biochemistry	3
PHYS 108L Applied Biophysics Lab	1	CHEM 107L General, Organic, & Biochemistry Lab	1
SOC 101 <sup>2,4</sup> Intro to Sociology	3	PSYC 101 Introduction to Psychology	3
Core Course	3	Core Course <sup>1</sup>	3
HCE 101 Holy Cross Experience	1	Core Course <sup>1</sup>	3
<b>Student may take an additional course up to 17 credits</b>	<b>14</b>		<b>16</b>
Summer	Credits		
Fall	Credits	Spring	Credits
EXSC 245 Principles of Health	3	EXSC 290 Exercise Physiology	3
EXSC 219 Anatomy & Physiology for Exercise Science I	3	EXSC 220 <sup>PR</sup> Anatomy & Physiology for Exercise Science II	3
EXSC 219L Anatomy & Physiology for Exercise Sci I Lab	1	EXSC 220L <sup>PR</sup> Anatomy & Physiology for Exercise Sci II Lab	1
EXSC 280 Clinical Kinesiology & Anatomy	3	Core Course <sup>1</sup>	3
Core Course <sup>1</sup>	3	Core Course <sup>1</sup>	3
Core Course <sup>1</sup>	3	Core Course <sup>1</sup>	3
	<b>16</b>		<b>16</b>
Summer	Credits		
Fall	Credits	Spring	Credits
EXSC 309 <sup>PR</sup> Electrocardiology	3	EXSC 310 <sup>PR</sup> Assess. & Measurements in Exercise	3
EXSC 330 <sup>PR</sup> Alternative Methods of Exercise	3	EXSC 310L <sup>PR</sup> Assess. & Measurements in Ex. Lab	1
EXSC 360 Advanced Exercise Physiology	3	EXSC 320 <sup>PR</sup> Exercise & Special Populations	3
Core Course <sup>1</sup>	3	EXSC 325 Nutrition and the Athlete	3
Core Course	3	MATH 126 <sup>2,5</sup> Introduction to Statistics	3
		EXSC 450 Olympic Weightlifting	3
	<b>15</b>		<b>15</b>
Summer	Credits		
Fall	Credits	Spring	Credits
EXSC 400 <sup>PR</sup> Science of Strength & Conditioning	3	PSYC 340 Health Psychology	3
EXSC 400L <sup>PR</sup> Science of Strength & Cond. Lab	1	EXSC 460 Corrective Exercise Techniques	2
EXSC 440 <sup>PR</sup> Admin. & Org. for Ex. Facilities	3	Core Course	3
EXSC 480 <sup>PR</sup> Research & Design	3	Core Course <sup>1</sup>	3
EXSC 491 Sport Psychology	3	EXSC 498 Field Experience 2	3
EXSC 497 Field Experience 1	3		
	<b>16</b>		<b>14</b>
Minimum Credits Required for Graduation = 122			

### NOTES:

<sup>1</sup>Choose one course from each of the Core Requirements listed on the reverse side.

<sup>2</sup>Course may satisfy both a Major and a Core requirement. CHEM 107 and PHYS 108 satisfy the Scientific Endeavor and Science in Context Core requirements. MATH 126 will satisfy the Quantitative Reasoning Core requirement and SOC 101 will satisfy the Human Behavior & Social Institutions Core requirement

<sup>3</sup>A student may take up to 17 credits in the Spring or Fall semesters without being charged for an overload. A “free elective” can be taken for personal enrichment or of Minor and/or Second Major requirements.

<sup>4</sup>A student must take SOC 101 Intro to Sociology to graduate from the Exercise Science Program and it must be completed prior to the spring of junior year (3<sup>rd</sup> year). SOC 101 will satisfy the Human Behavior & Social Institution Core requirement.

<sup>5</sup>A student must take MATH 126 Intro to Statistics PRIOR to taking EXSC 480.

<sup>6</sup>To be considered “full-time,” a student must carry a minimum of 12 credits per semester. However, a student is eligible to take up to 17 credits without being charged an overload.

<sup>PR</sup> Course has a prerequisite – Consult college catalog for