

## Graduation Requirements

1. Completion of all courses in the Exercise Science curriculum
2. A minimum grade of “C” in all Exercise Science or related courses (sciences, math, psychology, and education)
3. A minimum cumulative grade point average of 2.33 (an equivalent of a C+ letter grade).
4. A minimum cumulative Exercise Science major grade point average of 2.33.
5. Current CPR/AED certification.
6. Successful completion of all required internship credits

## Major Requirements – Strength & Conditioning

32 COURSES – 84 CREDITS

BIOL 219	Anatomy & Physiology I (3)
BIOL 219L	Anatomy & Physiology I Lab (1)
BIOL 220	Anatomy & Physiology II (3)
BIOL 220L	Anatomy & Physiology II Lab (1)
CHEM 107	General, Organic, and Biochem. (3)
CHEM 107L	General, Organic, and Biochem. Lab (1)
EXSC 101	Introduction to Exercise Science (3)
EXSC 150	Prev., Treatment & Em. Care (3)
EXSC 245	Principles of Health (3)
EXSC 280	Clinical Kinesiology & Anatomy (3)
EXSC 290	Exercise Physiology (3)
EXSC 309	Electrocardiology (3)
EXSC 310	Assessment & Measurements in Ex. (3)
EXSC 310L	Assessment & Measurements in Ex. Lab (1)
EXSC 320	Exercise and Special Populations (3)
EXSC 325	Nutrition and the Athlete (3)
EXSC 330	Alternative Methods of Exercise (3)
EXSC 360	Advanced Exercise Physiology (3)
EXSC 400	Science of Strength & Conditioning (3)
EXSC 400L	Science of Strength & Cond. Lab (1)
EXSC 440	Admin. & Org. for Exercise Facilities (3)
EXSC 450	Applied Strength & Conditioning (2)
EXSC 460	Corrective Ex. Tr. (2)
EXSC 480	Research & Design (3)
EXSC 491	Sport Psychology (3)
EXSC 499	Field Experience/Internship (6)
MATH 126	Introduction to Statistics (3)*
PHYS 108	Applied Biophysics (3)
PHYS 108L	Applied Biophysics Lab (1)
PSYC 101	Introduction to Psychology (3)
PSYC 340	Health Psychology (3)
SOC 101	Introduction to Sociology (3)

\*Cross listed under core and major requirements

## Suggested Curriculum Sequence – Strength & Conditioning Track

First Year					
Fall		Credits	Spring		Credits
EXSC 101	Introduction to Exercise Science	3	EXSC 150	Prev., Treat., & E. Care of Injuries	3
PHYS 108	Applied Biophysics	3	CHEM 107	General, Organic, and Biochemistry	3
PHYS 108L	Applied Biophysics Lab	1	CHEM 107L	General, Organic, and Biochem. Lab	1
HCE 101	Holy Cross Experience	1	PSYC 101	Introduction to Psychology	3
SOC 101	Introduction to Sociology	3	CORE	<i>Writing</i>	3
CORE	<i>Quest for Meaning</i>	3	CORE	<i>Oral Communication</i>	3
		<b>14</b>			<b>16</b>
Second Year					
Fall		Credits	Spring		Credits
BIOL 219	Anatomy & Physiology I	3	BIOL 220	Anatomy & Physiology II	3
BIOL 219L	Anatomy & Physiology I Lab	1	BIOL 220L	Anatomy & Physiology II Lab	1
EXSC 245	Principles of Health	3	EXSC 290	Exercise Physiology	3
EXSC 280	Clinical Kinesiology & Anatomy	3	CORE	<i>Literature</i>	3
CORE	<i>The Arts</i>	3	CORE	<i>Intercultural Competence</i>	3
CORE	<i>History</i>	3	CORE	<i>Global Connections</i>	3
		<b>16</b>			<b>16</b>
Third Year					
Fall		Credits	Spring		Credits
EXSC 309	Electrocardiology	3	EXSC 310	Assessment & Meas. in Ex.	3
EXSC 330	Alternative Methods of Exercise	3	EXSC 310L	Assessment & Meas. in Ex. Lab	1
EXSC 360	Advanced Exercise Physiology	3	EXSC 320	Exercise and Special Populations	3
CORE	<i>Introduction to Philosophy</i>	3	EXSC 325	Nutrition and the Athlete	3
CORE	<i>Theology and Wisdom</i>	3	MATH 126	Introduction to Statistics	3
			PSYC 340	Health Psychology	3
		<b>15</b>			<b>16</b>
Fourth Year					
Fall		Credits	Spring		Credits
EXSC 400	Science of S&C	3	EXSC 450	Olympic Weightlifting	2
EXSC 400L	Science of S&C Lab	1	EXSC 460	Corrective Exercise Techniques	2
EXSC 440	Admin. & Org. for Exercise Fac.	3	CORE	<i>Philosophical Investigations</i>	3
EXSC 480	Research & Design	3	CORE	<i>Theology and the Good Life</i>	3
EXSC 491	Sport Psychology	3	EXSC 499	Field Experience 2	3
EXSC 499	Field Experience 1	3			
		<b>16</b>			<b>13</b>

**TOTAL CREDITS: 122**

## Major Requirements – Exercise Physiology Track

35 courses – 83 credits

BIOL 113	Evolution and Diversity (3)***
BIOL 113L	Evolution and Diversity Lab (1)***
BIOL 210	Organisms and Their Ecosystems (3)***
BIOL 210L	Organisms and Their Ecos. Lab (1)***
BIOL 219	Anatomy & Physiology I (3)
BIOL 219L	Anatomy & Physiology I Lab (1)
BIOL 220	Anatomy & Physiology II (3)
BIOL 220L	Anatomy & Physiology II Lab (1)
CHEM 113	General Chemistry I (3)**
CHEM 113L	General Chemistry I Lab (1)**
CHEM 114	General Chemistry II (3)***
CHEM 114L	General Chemistry II Lab (1)***
EXSC 101	Introduction to Exercise Science (3)
EXSC 150	Prev., Treatment & Em. Care (3)
EXSC 280	Clinical Kinesiology & Anatomy (3)
EXSC 290	Exercise Physiology (3)
EXSC 309	Electrocardiology (3)
EXSC 310	Assessment & Measurements in Ex. (3)
EXSC 310L	Assessment & Measurements in Ex. Lab (1)
EXSC 320	Exercise and Special Populations (3)
EXSC 325	Nutrition and the Athlete (3)
EXSC 330	Alternative Methods of Exercise (3)
EXSC 360	Advanced Exercise Physiology (3)
EXSC 370	Biochemistry For Exercise & Nutrition (3)
EXSC 480	Research & Design (3)
EXSC 499	Field Experience/Internship (3)
MATH 126	Introduction to Statistics (3)*
PHYS 111	Physics for the Life Sciences I (3)***
PHYS 111L	Physics for the Life Sci. I Lab (1)***
PHYS 112	Physics for the Life Sciences II (3)***
PHYS 112L	Physics for the Life Sci. II Lab (1)***
PSYC 101	Introduction to Psychology (3)
PSYC 340	Health Psychology (3)
PSYC 351	Psychopathology (3)
SOC 101	Introduction of Sociology (3)*

\*Cross listed under core and major requirements

\*\* May be substituted with CHEM 107/L

\*\*\* May be substituted with ANY class with an EXSC, AT, OT, NUTR prefix **if graduate school is not desired**

## Suggested Curriculum Sequence – Exercise Physiology Track

First Year					
Fall		Credits	Spring		Credits
EXSC 101	Introduction to Exercise Science	3	EXSC 150	Prev., Treat., & E. Care of Injuries	3
CHEM 113	General Chemistry I	3	CHEM 114	General Chemistry II	3
CHEM 113L	General Chemistry I Lab	1	CHEM 114L	General Chemistry II Lab	1
HCE 101	Holy Cross Experience	1	PSYC 101	Introduction to Psychology	3
SOC 101	Introduction to Sociology	3	CORE	<i>Writing</i>	3
CORE	<i>Quest for Meaning</i>	3	CORE	<i>Oral Communication</i>	3
		<b>14</b>			<b>16</b>
Second Year					
Fall		Credits	Spring		Credits
EXSC 280	Clinical Kinesiology & Anatomy	3	EXSC 290	Exercise Physiology	3
BIOL 219	Anatomy & Physiology I	3	BIOL 220	Anatomy & Physiology II	3
BIOL 219L	Anatomy & Physiology I Lab	1	BIOL 220L	Anatomy & Physiology II Lab	1
PHYS 111	Physics for the Life Sciences I	3	PHYS 112	Physics for the Life Sciences II	3
PHYS 111L	Physics for the Life Sciences I Lab	1	PHYS 112L	Physics for the Life Sciences II Lab	1
CORE	<i>The Arts</i>	3	CORE	<i>Literature</i>	3
CORE	<i>History</i>	3			
		<b>14</b>			<b>14</b>
Third Year					
Fall		Credits	Spring		Credits
EXSC 309	Electrocardiology	3	EXSC 310	Assessment & Meas. in Ex.	3
EXSC 330	Alternative Methods of Exercise	3	EXSC 310L	Assessment & Meas. in Ex. Lab	1
EXSC 360	Advanced Exercise Physiology	3	EXSC 320	Exercise and Special Populations	3
CORE	<i>Intercultural Competence</i>	3	EXSC 325	Nutrition and the Athlete	3
CORE	<i>Global Connections</i>	3	EXSC 370	Biochemistry For Exercise & Nutrition	3
			MATH 126	Introduction to Statistics	3
		<b>15</b>			<b>16</b>
Fourth Year					
Fall		Credits	Spring		Credits
BIOL 113	Evolution & Diversity	3	BIOL 210	Organisms & Their Ecosystems	3
BIOL 113L	Evolution & Diversity Lab	1	BIOL 210L	Organisms & Their Ecosystems Lab	1
EXSC 480	Research & Design	2	EXSC 499	Field Experience/Internship	3
PSYC 351	Psychopathology	3	PSYC 340	Health Psychology	3
CORE	<i>Introduction to Philosophy</i>	3	CORE	<i>Philosophical Investigations</i>	3
CORE	<i>Theology and Wisdom</i>	3	CORE	<i>Theology and the Good Life</i>	3
		<b>15</b>			<b>16</b>

**TOTAL CREDITS: 123**

## **MAJOR COURSE REQUIREMENTS – Exercise Science & Athletic Training Track – Undergraduate Portion**

AT 100	Introduction to the Athletic Training Profession (1)
AT 120	Principles of Biology for Health Sciences (3)
BIOL 219	Anatomy & Physiology I (3)
BIOL 219L	Anatomy & Physiology I Lab (1)
BIOL 220	Anatomy & Physiology II (3)
BIOL 220L	Anatomy & Physiology II Lab (1)
CHEM 107	General, Organic, and Biochem. (3)
CHEM 107L	General, Organic, and Biochem. Lab (1)
EXSC 101	Introduction to Exercise Science (3)
EXSC 150	Prev., Treatment & Em. Care (3)
EXSC 245	Principles of Health (3)
EXSC 280	Clinical Kinesiology & Anatomy (3)
EXSC 290	Exercise Physiology (3)
EXSC 309	Electrocardiology (3)
EXSC 310	Assessment & Measurements in Ex. (3)
EXSC 310L	Assessment & Measurements in Ex. Lab (1)
EXSC 320	Exercise and Special Populations (3)
EXSC 325	Nutrition and the Athlete (3)
EXSC 330	Alternative Methods of Exercise (3)
MATH 126	Introduction to Statistics (3)*
PHYS 108	Applied Biophysics (3)
PHYS 108L	Applied Biophysics Lab (1)
PSYC 101	Introduction to Psychology (3)

## **MAJOR COURSE REQUIREMENTS – Exercise Science & Athletic Training Track – Graduate Portion**

AT 400	Foundations of Athletic Training (3)
AT 405	Pharmacology & General Medicine (2)
AT 410	Evidence-Based Medicine (2)
AT 415	Athletic Training Procedures (2)
AT 420	Athletic Training Practicum 1 (3)
AT 425	Athletic Training Practicum 2 (3)
AT 430	Prevention, Evaluation, & Diagnosis 1 (4)
AT 435	Prevention, Evaluation, & Diagnosis 2 (4)
AT 450	Therapeutic Interventions 1 (4)
AT 455	Therapeutic Interventions 2 (4)
AT 470	Advanced Human Anatomy (3)
AT 475	Head, Neck, & Spine (3)
AT 520	Athletic Training Practicum 3 (3)
AT 525	Athletic Training Practicum 4 (3)
AT 530	Advanced Therapeutic Interventions (3)
AT 540	Psychosocial & Professional Issues (3)
AT 550	Evidence-Based Medicine 2 (3)
AT 570	Management & Leadership Strategies (3)
AT 580	Nutrition & Wellness (3)

## Suggested Curriculum Sequence – Exercise Science & Athletic Training Track

### *Undergraduate Portion*

First Year					
Fall		Credits	Spring		Credits
AT 100	Intro. to the Athletic Training Profession	1	AT 120	Principles of Biology for Health Sciences	3
EXSC 101	Introduction to Exercise Science	3	EXSC 150	Prev., Treat., & E. Care of Injuries	3
PHYS 108	Applied Biophysics	3	CHEM 107	General, Organic, and Biochemistry	3
PHYS 108L	Applied Biophysics Lab	1	CHEM 107L	General, Organic, and Biochemistry Lab	1
CORE		3	CORE		3
CORE		3	CORE		3
HCE 101	Holy Cross Experience	1			
		<b>15</b>			<b>16</b>
Second Year					
Fall		Credits	Spring		Credits
EXSC 245	Principles Of Health	3	EXSC 290	Exercise Physiology	3
EXSC 280	Clinical Kinesiology & Anatomy	3	BIOL 220	Anatomy & Physiology II	3
BIOL 219	Anatomy & Physiology I	3	BIOL 220L	Anatomy & Physiology II Lab	1
BIOL 219L	Anatomy & Physiology I Lab	1	CORE		3
PSYC 101	Intro. to Psychology	3	CORE		3
CORE		3	CORE		3
		<b>16</b>			<b>16</b>
Third Year					
Fall		Credits	Spring		Credits
EXSC 309	Electrocardiology	3	EXSC 310	Assessment & Meas. in Ex.	3
EXSC 330	Alternative Methods of Exercise	3	EXSC 310L	Assessment & Meas. in Ex. Lab	1
CORE		3	EXSC 320	Exercise and Special Populations	3
CORE		3	EXSC 325	Nutrition and the Athlete	3
CORE		3	MATH 126	Introduction to Statistics	3
			CORE	Theology and the Good Life	3
		<b>15</b>			<b>16</b>

**TOTAL CREDITS: 94**

**Graduate Portion**

<b>First Year</b>					
<b>Summer</b>		Credits			
AT 400	Foundations of Athletic Training	3			
AT 405	Pharmacology & General Medicine	2			
AT 410	Evidence-Based Medicine 1	2			
AT 415	Athletic Training Procedures	2			
		<b>9</b>			
<b>Fall</b>		Credits	<b>Spring</b>		Credits
AT 420	Athletic Training Practicum 1	3	AT 425	Athletic Training Practicum 2	3
AT 430	Prevention, Evaluation, & Diagnosis 1	4	AT 435	Prevention, Evaluation, & Diagnosis 2	4
AT 450	Therapeutic Interventions 1	4	AT 455	Therapeutic Interventions 2	4
AT 470	Advanced Human Anatomy	3	AT 475	Head, Neck, & Spine	3
		<b>14</b>			<b>14</b>
<b>Second Year</b>					
<b>Fall</b>		Credits	<b>Spring</b>		Credits
AT 520	Athletic Training Practicum 3	4	AT 525	Athletic Training Practicum 4	4
AT 530	Advanced Therapeutic Interventions	3	AT 570	Management & Leadership Strategies	3
AT 540	Psychosocial & Professional Issues	3	AT 580	Nutrition & Wellness	3
AT 550	Evidence-Based Medicine 2	3			
		<b>13</b>			<b>10</b>

**TOTAL CREDITS: 60 (154 Combined UG + GR)**

\* AT 420 and AT 425 will include required clinical experiences that are non-immersive, meaning that students will take other courses while also completing the clinical experiences. These clinical experiences will be in a variety of settings. Clinical experiences will typically begin in early August (several weeks prior to the start of the fall semester), will continue across the entire academic year (which may include during breaks), and will typically end in May.

\*\* AT 520 will include required clinical experiences that are immersive. Immersive experiences are practice-intensive and allow the student to experience the totality of care provided by athletic trainers. Students do not take other courses during immersive experiences. Clinical experiences will occur on the following schedule:

- 3 weeks of immersive clinical experiences prior to the start of the semester (typically August)
- 4 weeks of immersive clinical experiences in the first half of the semester (typically August/September)
- 8 weeks of no clinical experiences (typically September/October/November); all other courses will be taken at this time
- 4 weeks of immersive experiences in the second half of the semester (typically November/December)

## **MAJOR COURSE REQUIREMENTS – Exercise Science & Nutrition Track – Undergraduate Portion**

*24 courses – 60 credits*

BIOL 219	Anatomy & Physiology I (3)
BIOL 219L	Anatomy & Physiology I Lab (1)
BIOL 220	Anatomy & Physiology II (3)
BIOL 220L	Anatomy & Physiology II Lab (1)
CHEM 113	General Chemistry I (3)
CHEM 113L	General Chemistry I Lab (1)
CHEM 114	General Chemistry II (3)
CHEM 114L	General Chemistry II Lab (1)
CHEM 241	Organic Chemistry I (3)
CHEM 241L	Organic Chemistry I Lab (1)
EXSC 101	Introduction to Exercise Science (3)
EXSC 150	Prev., Treatment & Em. Care (3)
EXSC 245	Principles of Health (3)
EXSC 280	Clinical Kinesiology & Anatomy (3)
EXSC 290	Exercise Physiology (3)
EXSC 309	Electrocardiology (3)
EXSC 310	Assessment & Measurements in Ex. (3)
EXSC 310L	Assessment & Measurements in Ex. Lab (1)
EXSC 320	Exercise and Special Populations (3)
EXSC 330	Alternative Methods of Exercise (3)
EXSC 360	Advanced Exercise Physiology (3)
EXSC 370	Biochemistry For Exercise & Nutrition (3)
MATH 126	Introduction to Statistics (3)*
SOC 101	Introduction of Sociology (3)*

Plus, graduate credits from the Master In Nutrition Science program will be counted towards the completion of the Bachelor of Science in Exercise Science degree (total 120 credits for the B.S. degree).

\*Cross listed under core and major requirements



## **MAJOR COURSE REQUIREMENTS – Exercise Science & Nutrition Track – Graduate Nutrition Option**

*12 to 15 courses – 36-39 credits*

NUTR 501	Physiological Basis of Nutrition I (3)
NUTR 502	Physiological Basis of Nutrition II (3)
NUTR 511	Nutritional Biochemistry I – Macronutrients (3)
NUTR 512	Nutritional Biochemistry II – Micronutrients (3)
NUTR 520	Nutrition through the Lifecycle (3)
NUTR 530	Adv Sports Nutrition and E-Metabolism w/Lab (3)
NUTR 540	Dietary Supplements and Herbal Medicine (3)
NUTR 550	Principles of foods and management w/Lab (3)
NUTR 560	Therapeutic Nutrition (3)
NUTR 570	Nutrition Communications and Counseling (3)
NUTR 580	Food systems and health w/Lab (3)
NUTR 590	Nutrition Research Methods (3)
NUTR 691	Nutrition Thesis - Part I (1)
NUTR 692	Nutrition Thesis - Part II (1)
NUTR 693	Nutrition Thesis - Part III (1)

## **MAJOR COURSE REQUIREMENTS – Exercise Science & Nutrition Track – Graduate Dietetics Option**

*13 to 16 courses – 39 to 41 credits*

ND 601	Physiological Basis of Nutrition I (3)
ND 602	Physiological Basis of Nutrition II (3)
ND 603	Nutritional Biochemistry I - Macronutrients (3)
ND 604	Nutritional Biochemistry II - Micronutrients (3)
ND 605	Nutrition through the Lifecycle (3)
ND 606	Adv Sports Nutrition and E-Metabolism w/Lab (3)
ND 607	Adv Leadership/Management for Allied Health Centers (3)
ND 608	Principles of foods and management w/Lab (3)
ND 611	Food systems and health w/Lab (3)
ND 612	Nutrition Research Methods (3)
ND 615	RWPE - Community Nutrition SEL RWP (1) (3)
ND 616	RWPE - Food Systems Management SEL RWPE (1)
ND 617	RWPE - Clinical Nutrition SEL RWPE (1)
ND 691	Nutrition Thesis - Part I (1)
ND 692	Nutrition Thesis - Part II (1)
ND 693	Nutrition Thesis - Part III (1)

## Suggested Curriculum Sequence – Exercise Science & Nutrition Track

### *Undergraduate Portion*

First Year							
Fall			Credits	Spring		Credits	
CHEM 113/L	General Chemistry I w/ Lab		4	CHEM 114/L	General Chemistry II w/ Lab		4
EXSC 101	Introduction to Exercise Science		3	EXSC 150	Prev., Treat., & E. Care of Injuries		3
HCE 101	Holy Cross Experience		1	CORE	<i>Writing</i>		3
SOC 101	Introduction to Sociology		3	CORE	<i>Oral Communication</i>		3
CORE	<i>Literature</i>		3	MATH 126	Introduction to Statistics		3
CORE	<i>Quest for Meaning</i>		3				
			<b>17</b>				<b>16</b>
Second Year							
Fall			Credits	Spring		Credits	
BIOL 219/L	Anatomy & Physiology I w/ Lab		4	BIOL 220/L	Anatomy & Physiology II w/ Lab		4
EXSC 245	Principles Of Health		3	EXSC 290	Exercise Physiology		3
EXSC 280	Clinical Kinesiology & Anatomy		3	CORE	<i>Global Connections</i>		3
CORE	<i>The Arts</i>		3	CORE	<i>Philosophical Investigations</i>		3
CORE	<i>Introduction to Philosophy</i>		3	CORE	<i>History</i>		3
			<b>16</b>				<b>16</b>
Third Year							
Fall			Credits	Spring		Credits	
CHEM 241/L	Organic Chemistry I w/ Lab		4	EXSC 310	Assessment & Meas. in Ex.		3
EXSC 309	Electrocardiology		3	EXSC 310L	Assessment & Meas. in Ex. Lab		1
EXSC 330	Alternative Methods of Exercise		3	EXSC 320	Exercise and Special Populations		3
EXSC 360	Advanced Exercise Physiology		3	EXSC 370	Biochemistry For Exercise & Nutrition		3
CORE	<i>Theology and Wisdom</i>		3	CORE	<i>Intercultural Competence</i>		3
				CORE	<i>Theology and the Good Life</i>		3
			<b>16</b>				<b>16</b>

**TOTAL CREDITS: 97**

## Suggested Curriculum Sequence – Exercise Science & Nutrition Track

### Graduate Portion – Nutrition Science Option

First Year							
Fall			Credits	Spring			Credits
<i>Fall Session A</i>				<i>Spring Session A</i>			
NUTR 501	Physiological Basis of Nutrition I	3		NUTR 511	Nutritional Biochemistry I - Macronutrients	3	
<i>Fall Session B</i>				<i>Spring Session B</i>			
NUTR 502	Physiological Basis of Nutrition II	3		NUTR 512	Nutritional Biochemistry II - Micronutrients	3	
				NUTR 691	Nutrition Thesis - Part I (optional)	1	
		<b>6</b>				<b>7</b>	
<b>Summer</b>			Credits				
<i>Summer Session A</i>							
NUTR 590	Nutrition Research Methods	3					
NUTR 692	Nutrition Thesis - Part II (optional)	1					
<i>Summer Session B</i>							
NUTR 570	Nutrition Communications and Counseling	3					
		<b>7</b>					
Second Year							
Fall			Credits	Spring			Credits
<i>Fall Session A</i>				<i>Spring Session A</i>			
NUTR 520	Nutrition through the Lifecycle	3		NUTR 560	Therapeutic Nutrition	3	
<i>Fall Session B</i>				<i>Spring Session B</i>			
NUTR 550	Principles of foods and management w/Lab	3		NUTR 530	Adv Sports Nutrition and E-Metabolism w/Lab	3	
		<b>6</b>				<b>6</b>	
<b>Summer</b>			Credits				
<i>Summer Session A</i>							
NUTR 580	Food systems and health w/Lab	3					
<i>Summer Session B</i>							
NUTR 540	Dietary Supplements and Herbal Medicine	3					
NUTR 693	Nutrition Thesis - Part III (optional)	1					
		<b>7</b>					

**TOTAL CREDITS: 39 (136 Combined UG + GR)**

## Suggested Curriculum Sequence - Exercise Science & Nutrition Track

### Graduate Portion – Nutrition and Dietetics Option

First Year						
Fall			Credits	Spring		
<i>Fall Session A</i>				<i>Spring Session A</i>		
ND 601	Physiological Basis of Nutrition I	3		ND 603	Nutritional Biochemistry I - Macronutrients	3
<i>Fall Session B</i>				<i>Spring Session B</i>		
ND 602	Physiological Basis of Nutrition II	3		ND 604	Nutritional Biochemistry II - Micronutrients	3
				ND 691	Nutrition Thesis - Part I (optional)	1
		<b>6</b>				<b>7</b>
Summer			Credits			
<i>Summer Session A</i>						
ND 612	Nutrition Research Methods	3				
ND 615	RWPE - Community Nutrition SEL RWP	1				
ND 692	Nutrition Thesis - Part II (optional)	1				
<i>Summer Session B</i>						
ND 610	Nutrition Communications and Counseling	3				
		<b>8</b>				
Second Year						
Fall			Credits	Spring		
<i>Fall Session A</i>				<i>Spring Session A</i>		
ND 605	Nutrition through the Lifecycle	3		ND 609	Medical Nutrition Therapy	3
<i>Fall Session B</i>				<i>Spring Session B</i>		
ND 608	Principles of foods and management w/Lab	3		ND 606	Adv Sports Nutrition and E-Metabolism w/Lab	3
ND 616	RWPE - Food Systems Management SEL RWPE	1		ND 617	RWPE - Clinical Nutrition SEL RWPE	1
		<b>7</b>				<b>7</b>
Summer			Credits			
<i>Summer Session A</i>						
ND 611	Food systems and health w/Lab	3				
<i>Summer Session B</i>						
ND 607	Adv Leadership/Management for Allied Health Centers	3				
ND 693	Nutrition Thesis - Part III (optional)	1				
		<b>7</b>				

**TOTAL CREDITS: 42 (139 Combined UG + GR)**

## **MAJOR COURSE REQUIREMENTS – Exercise Science & Occupational Therapy Track – Undergraduate Portion**

BIOL 219	Anatomy & Physiology I (3)
BIOL 219L	Anatomy & Physiology I Lab (1)
BIOL 220	Anatomy & Physiology II (3)
BIOL 220L	Anatomy & Physiology II Lab (1)
CHEM 107	General, Organic, and Biochem. (3)
CHEM 107L	General, Organic, and Biochem. Lab (1)
EXSC 150	Prev., Treatment & Em. Care (3)
EXSC 280	Clinical Kinesiology & Anatomy (3)
EXSC 290	Exercise Physiology (3)
EXSC 309	Electrocardiology (3)
EXSC 310	Assessment & Measurements in Ex. (3)
EXSC 310L	Assessment & Measurements in Ex. Lab (1)
EXSC 320	Exercise and Special Populations (3)
EXSC 330	Alternative Methods of Exercise (3)
MATH 126	Introduction to Statistics (3)*
OT 101	Introduction to Exercise Science and OT (3)
OT 102	Foundations of OT Practice: Professionalism in OT (1)
OT 103	Foundations of OT Practice: OTPF & Medical Term. (1)
OT 210	Diversity, Equity, Inclusion & Cultural Dynamic (3)
OT 410	Foundations of OT Practice: Essentials of OT (3)
OT 480	Research Methods (3)
PHYS 108	Applied Biophysics (3)
PHYS 108L	Applied Biophysics Lab (1)
PSYC 101	Introduction to Psychology (3)
PSYC 351	Psychopathology (3)
PSYC 355	Develop. Psyc: Children & Adolescence (3)
PSYC 356	Develop. Psyc: Adulthood & Aging (3)
SOC 101	Introduction of Sociology (3)*

## **MAJOR COURSE REQUIREMENTS – Exercise Science & Occupational Therapy Track – Graduate Portion**

EXSC 400	Sci. of Strength & Cond. (3)
EXSC 400L	Sci. of Strength & Cond. Lab (1)
EXSC 460	Correct. Ex. Training (2)
OT 405	OS and Occup. Analysis (3)
OT 405L	OS and Occup. Analysis Lab (1)
OT 411	Neuroscience I (3)
OT 412	Neuroscience II (3)
OT 425	Occ. Engmnt. & Theories (3)
OT 440	Interv. For Occ. Perf. (3)
OT 440L	Interv. For Occ. Perf. Lab (1)
OT 450	Cond., Assess., Clinical (3)
OT 450L	Cond., Assess., Clinical Lab (1)
OT 460	Foundations of OT Practice: Document. (1)
OT 470	Adv. Human Anatomy (3)
OT 475	Enviro. & Technologies (3)
OT 501	Level 1 FW I Psycho-Social Impacts Of Occupational Performance (2)
OT 502	Level 2 FW 2 (2)

OT 510	Mental Health Psycho-Social & Community Based (3)
OT 515	Res. & Evid. Based Prac. (4)
OT 530	Eval. & Intervention for Occ. Performance in Rehabilitation (4)
OT 530L	Eval. & Intervention for Occ. Performance in Rehabilitation Lab (1)
OT 550	Iss. & Trends in OS & OT Prac. (3)
OT 560	Clin. Leader., Mgmt & Ethics (3)
OT 570	Leadership & Mentor. Prog. (1)
OT 575	Culminating Practical (0)
OT 580	Eval. & Inter. For Occ. (4)
OT 580L	Eval. & Inter. For Occ. Lab (2)
OT 585	Foundations of OT Practice 2 Level II (2)
OT 591-594	(3)
OT 595	Level 2 FW (4)
OT 596	FW Level 2A (1)
OT 597	FW Practice Reflections (0)
OT 599	Exam Prep (3)
OT 600	Dr. Capstone & Proposal Prep (3)
OT 605	Prog. Eval. & Development (3)
OT 610	Capstone: Development (2)
OT 615	Adv. Advocacy & Leadership (3)
OT 620	Adv. Clin. Scholarship, Diss. And Outcomes (3)
OT 625	Adv. Teaching & Learning (3)
OT 650	Capstone Exp. & Impl. (6)
OT 670	Adv. Leadership & Mentoring (1)
OT 675	Doctoral Portfolio (2)

Additional Specialization in:

Innovation (program/product development)

Social Justice

Neurodiversity

Trauma Informed Care

## Suggested Curriculum Sequence – Exercise Science & Occupational Therapy Track

### *Undergraduate Portion*

Fall		Credits	Spring		Credits
OT 101	Introduction to Exercise Science	3	EXSC 150	Prev., Treat., & E. Care of Injuries	3
OT 102	Foundation of OT Practice: Professionalism in OT	1	CHEM 107	General, Organic, and Biochemistry	3
SOC 101		3	CHEM 107L	General, Organic, and Biochem. Lab	1
CORE		3	PSYC 101	Introduction to Psychology	3
CORE		3	CORE		3
CORE		3	CORE		3
HCE 101	Holy Cross Experience	1	OT 103	Found. of OT Practice: OTPF & Medical Term	1
		<b>17</b>			<b>17</b>
Second Year					
Fall		Credits	Spring		Credits
BIOL 219	Anatomy & Physiology I	3	BIOL 220	Anatomy & Physiology II	3
BIOL 219L	Anatomy & Physiology I Lab	1	BIOL 220L	Anatomy & Physiology II Lab	1
EXSC 280	Clinical Kinesiology & Anatomy	3	EXSC 290	Exercise Physiology	3
PHYS 108	Applied Biophysics	3	MATH 126	Introduction to Statistics	3
PHYS 108L	Applied Biophysics Lab	1	CORE		3
PSYC 351	Psychopathology	3	CORE		3
OT 210	Diversity, Equity, Inclusion & Cultural Dynamic	3			
		<b>17</b>			<b>16</b>
Third Year					
Fall		Credits	Spring		Credits
EXSC 309	Electrocardiology	3	EXSC 310	Assessment & Meas. in Ex.	3
EXSC 330	Alternative Methods of Exercise	3	EXSC 310L	Assessment & Meas. in Ex. Lab	1
OT 480	Research Methods	3	EXSC 320	Exercise and Special Populations	3
PSYC 355	Develop. Psyc: Children & Adolescence	3	PSYC 356	Develop. Psych: Adulthood and Aging	3
CORE		3	CORE		3
CORE		3	CORE		3
			OT 410	Foundations of OT Practice: Essentials of OT	3
		<b>18</b>			<b>19</b>

**TOTAL CREDITS: 103**

**Suggested Curriculum Sequence – Exercise Science & Occupational Therapy Track**  
**Graduate Portion**

<b>First Year - OTD (Professional Phase)</b>						
<b>Fall</b>			<b>Credits</b>	<b>Spring</b>		<b>Credits</b>
EXSC 400	Science of Strength & Conditioning		3	EXSC 460	Corrective Ex. Training	2
EXSC 400L	Science of Strength & Conditioning Lab		1	OT 412	Neuroscience II	3
OT 411	Neuroscience I		3	OT 425	Occ. Engmnt. & Theories	3
OT 470	Adv. Human Anatomy		3	OT 450	Cond., Assess., Clinical	4
OT 460	Fndn. In OT. Prac.: Docum.		1	OT 450L	Cond., Assess., Clinical Lab	1
OT 475	Enviro. & Technologies		3	OT 480	Interv. For Occ. Perf.	3
OT 405	OS and Occup. Analysis		3	OT 480L	Interv. For Occ. Perf. Lab	1
OT 405L	OS and Occup. Analysis Lab		1			
			<b>18</b>			<b>18</b>
<b>Summer</b>			<b>Credits</b>			
OT 510	Mental Health Psycho-Social & Community Based		3			
OT 501	Level 1 FW I Psycho-Social Impacts of Occ. Perf.		2			
			<b>5</b>			
<b>Second Year - OTD (Advanced Professional Phase)</b>						
<b>Fall</b>			<b>Credits</b>	<b>Spring</b>		<b>Credits</b>
OT 515	Res. & Evid. Based Prac.		4	OT 580	Eval. & Inter. For Occ. For Child., Adoles., & Fam.	4
OT 530	Eval. & Intervention for Occ. Perf. In Rehab.		4	OT 580L	Eval. & Inter. For Occ. For Child., Adoles., & Fam. Lab	2
OT 530L	Eval. & Intervention for Occ. Perf. In Rehab. Lab		1	OT 600	Dr. Capstone & Proposal Prep	3
OT 550	Iss. & Trends in OS & OT Prac.		3	OT 605	Prog. Eval & Development	3
OT 560	Clin. Leader, Mgmt. & Ethics		3	OT 585	Found. Of OT Prac. 2 Level II	2
OT 575	Culminating Practical (P/F)		0	OT 570	Leadership & Mentor. Prog.	1
OT 570	Leadership & Mentor. Prog.		1	OT 502	Level 1 FW 2 (fall or spring)	2
OT 502	Level 1 FW 2 (fall or spring)		2			
			<b>16-18</b>			<b>15-17</b>
<b>Summer</b>			<b>Credits</b>			
OT 595	Level 2 FW		4			
OT 596	FW Level 2A		1			
OT 597	FW Practice Reflections		0			
OT 570	Leadership & Mentor. Prog.		1			
OT 591-594			3			
OT 591-594			3			
			<b>9-12</b>			
<b>Third Year - OTD (Professional Didactic Phase)</b>						
<b>Fall</b>			<b>Credits</b>	<b>Spring</b>		<b>Credits</b>
OT 596	FW Level 2 Term A		3	OT 650	Capstone Exp. & Impl.	6
OT 597	FW Practice Reflections		0	OT 599	Exam Prep	2
OT 610	Capstone: Development		2	OT 675	Doctoral Portfolio	3
OT 615	Adv. Advocacy & Leadership		3	OT 670	Adv. Leadership & Mentoring Program	1
OT 620	Adv. Clin. Scholarship, Diss. And Outcomes		3	OT 591-594		3
OT 625	Adv. Teaching & Learning		3			
OT 670	Adv. Leadership & Mentoring Program		1			
			<b>15</b>			<b>12-15</b>

**TOTAL CREDITS: 108-118 (211-221 combined UG+GR)**



## MAJOR COURSE REQUIREMENTS– Exercise Science & Chiropractic Track

26 course – 62 credits

BIOL 113	Evolution and Diversity (3)
BIOL 113L	Evolution and Diversity Lab (1)
BIOL 210	Organisms and Their Ecosystems (3)
BIOL 210L	Organisms and Their Ecosystems Lab (1)
BIOL 219	Anatomy & Physiology I (3)
BIOL 219L	Anatomy & Physiology I Lab (1)
BIOL 220	Anatomy & Physiology II (3)
BIOL 220L	Anatomy & Physiology II Lab (1)
CHEM 107	General, Organic, and Biochem. (3)
CHEM 107L	General, Org., and Biochem. Lab (1)
EXSC 101	Introduction to Exercise Science (3)
EXSC 150	Prevention, Treatment & Emergency Care (3)
EXSC 280	Clinical Kinesiology & Anatomy (3)
EXSC 290	Exercise Physiology (3)
EXSC 309	Electrocardiology (3)
EXSC 310	Assessment & Measurements in Exercise (3)
EXSC 310L	Assessment & Measurements in Exercise Lab (1)
EXSC 320	Exercise and Special Populations (3)
EXSC 330	Alternative Methods to Exercise (3)
MATH 126	Introduction to Statistics (3)*
PHYS 111	Physics for the Life Sciences I (3)
PHYS 111L	Physics for the Life Sci. I Lab (1)
PHYS 112	Physics for the Life Sciences II (3)
PHYS 112L	Physics for the Life Sci. II Lab (1)
PSYC 101	Introduction to Psychology (3)
SOC 101	Introduction to Sociology (3)*

The First Year at either Logan University or Northeast College of Health Science is counted toward the completion of the B.S. degree in Exercise Science from King's College.

\*Cross listed under core and major requirements

## Suggested Curriculum Sequence – Exercise Science & Chiropractic Track

First Year					
Fall		Credits	Spring		Credits
EXSC 101	Introduction to Exercise Science	3	EXSC 150	Prev., Treat., & E. Care of Injuries	3
HCE 101	Holy Cross Experience	1	CHEM 107	General, Organic, and Biochemistry	3
SOC 101	Introduction to Sociology	3	CHEM 107L	General, Organic, and Biochem. Lab	1
CORE	<i>Quest for Meaning</i>	3	PSYC 101	Introduction to Psychology	3
CORE	<i>Writing</i>	3	CORE	<i>Literature</i>	3
CORE	<i>Oral Communication</i>	3	CORE	<i>The Arts</i>	3
		<b>16</b>			<b>16</b>
Second Year					
Fall		Credits	Spring		Credits
EXSC 280	Clinical Kinesiology & Anatomy	3	EXSC 290	Exercise Physiology	3
BIOL 219	Anatomy & Physiology I	3	BIOL 220	Anatomy & Physiology II	3
BIOL 219L	Anatomy & Physiology I Lab	1	BIOL 220L	Anatomy & Physiology II Lab	1
PHYS 111	Physics for the Life Sciences I	3	PHYS 112	Physics for the Life Sciences II	3
PHYS 111L	Physics for the Life Sciences I Lab	1	PHYS 112L	Physics for the Life Sciences II Lab	1
CORE	<i>Intercultural Competence</i>	3	CORE	<i>Philosophical Investigations</i>	3
CORE	<i>Global Connections</i>	3	CORE	<i>History</i>	3
		<b>17</b>			<b>17</b>
Third Year					
Fall		Credits	Spring		Credits
EXSC 309	Electrocardiology	3	EXSC 310	Assessment & Meas. in Ex.	3
EXSC 330	Alternative Methods of Exercise	3	EXSC 310L	Assessment & Meas. in Ex. Lab	1
BIOL 113	Evolution & Diversity	3	EXSC 320	Exercise and Special Populations	3
BIOL 113L	Evolution & Diversity Lab	1	BIOL 210	Organisms & Their Ecosystems	3
CORE	<i>Introduction to Philosophy</i>	3	BIOL 210L	Organisms & Their Ecosystems Lab	1
CORE	<i>Theology and Wisdom</i>	3	MATH 126	Introduction to Statistics	3
			CORE	<i>Theology and the Good Life</i>	3
		<b>16</b>			<b>17</b>

**TOTAL CREDITS: 99**

\*Additional coursework of one year at Logan University or Northeast College of Health Science required to obtain the Bachelor of Exercise Science degree from King's College

\*\*For exact curricula of the Doctor of Chiropractic curriculum, please consult Logan University or Northeast College of Health Sciences directly

\*\*\*Student must send a letter of intent to NYCC within the first year of being in this track. Please contact your advisor for more information.