

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 – Applied Exercise Science Track

29 courses – 73 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, Org., 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 400	Science of Strength & Conditioning (3)
EXSC 400L	Science of Strength & Cond. Lab (1)
EXSC 440	Admin. & Org. for Exercise Facilities (3)
EXSC 450 or 460	Applied Strength & Conditioning OR Corrective Exercise Training (2)
EXSC 480	Research & Design (2)
EXSC 499	Field Experience/Internship (3)
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 of Sociology (3)*

*cross listed under core and major requirements

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 400	Science of Strength & Conditioning (3)
EXSC 400L	Science of Strength & Cond. Lab (1)
EXSC 450 or 460	Applied Strength & Conditioning OR Corrective Exercise Training
EXSC 480	Research & Design (2)
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

MAJOR 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	Kinesiology (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 (three trimesters) at New York Chiropractic College 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-Applied Exercise Science

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
		14			16
Second Year					
Fall		Credits	Spring		Credits
EXSC 245	Principles of Health	3	EXSC 280	Clinical Kinesiology & Anatomy	3
BIOL 219	Anatomy & Physiology I	3	EXSC 290	Exercise Physiology	3
BIOL 219L	Anatomy & Physiology I Lab	1	BIOL 220	Anatomy & Physiology II	3
CORE	<i>Literature</i>	3	BIOL 220L	Anatomy & Physiology II Lab	1
CORE	<i>The Arts</i>	3	CORE	<i>Intercultural Competence</i>	3
CORE	<i>History</i>	3	CORE	<i>Global Connections</i>	3
		16			16
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	<i>Introduction to Philosophy</i>	3	EXSC 320	Exercise and Special Populations	3
CORE	<i>Theology and Wisdom</i>	3	EXSC 325	Nutrition and the Athlete	3
Elective		3	MATH 126	Introduction to Statistics	3
			Elective		3
		15			16
Fourth Year					
Fall		Credits	Spring		Credits
EXSC 400	Science of S&C	3	EXSC 450/460	Applied S&C or Corrective Exercise Training	2
EXSC 400L	Science of S&C Lab	1	EXSC 499	Field Experience/Internship	3
EXSC 440	Admin. & Org. for Exercise Fac.	3	PSYC 340	Health Psychology	3
EXSC 480	Research & Design	2	CORE	<i>Philosophical Investigations</i>	3
CORE	<i>Theology and the Good Life</i>	3	Elective		3
Elective		3			
		15			14

TOTAL CREDITS: 122

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
		14			16
Second Year					
Fall		Credits	Spring		Credits
BIOL 219	Anatomy & Physiology I	3	EXSC 280	Clinical Kinesiology & Anatomy	3
BIOL 219L	Anatomy & Physiology I Lab	1	EXSC 290	Exercise Physiology	3
PHYS 111	Physics for the Life Sciences I	3	BIOL 220	Anatomy & Physiology II	3
PHYS 111L	Physics for the Life Sciences I Lab	1	BIOL 220L	Anatomy & Physiology II Lab	1
CORE	<i>Literature</i>	3	PHYS 112	Physics for the Life Sciences II	3
CORE	<i>The Arts</i>	3	PHYS 112L	Physics for the Life Sciences II Lab	1
CORE	<i>History</i>	3			
		17			14
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	EXSC 325	Nutrition and the Athlete	3
CORE	<i>Intercultural Competence</i>	3	BIOL 210	Organisms & Their Ecosystems	3
CORE	<i>Global Connections</i>	3	BIOL 210L	Organisms & Their Ecosystems Lab	1
			MATH 126	Introduction to Statistics	3
		16			17
Fourth Year					
Fall		Credits	Spring		Credits
EXSC 400	Science of S&C	3	EXSC 450/460	Applied S&C or Corrective Exercise Training	2
EXSC 400L	Science of S&C Lab	1	EXSC 499	Field Experience/Internship	3
EXSC 480	Research & Design	2	PSYC 340	Health Psychology	3
PSYC 351	Psychopathology	3	CORE	<i>Philosophical Investigations</i>	3
CORE	<i>Introduction to Philosophy</i>	3	CORE	<i>Theology and the Good Life</i>	3
CORE	<i>Theology and Wisdom</i>	3			
		15			14

TOTAL CREDITS: 123

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
		16			16
Second Year					
Fall		Credits	Spring		Credits
BIOL 219	Anatomy & Physiology I	3	EXSC 280	Clinical Kinesiology & Anatomy	3
BIOL 219L	Anatomy & Physiology I Lab	1	EXSC 290	Exercise Physiology	3
PHYS 111	Physics for the Life Sciences I	3	BIOL 220	Anatomy & Physiology II	3
PHYS 111L	Physics for the Life Sciences I Lab	1	BIOL 220L	Anatomy & Physiology II Lab	1
CORE	<i>History</i>	3	PHYS 112	Physics for the Life Sciences II	3
CORE	<i>Intercultural Competence</i>	3	PHYS 112L	Physics for the Life Sciences II Lab	1
CORE	<i>Global Connections</i>	3	CORE	<i>Philosophical Investigations</i>	3
		17			17
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
		16			17

TOTAL CREDITS: 99

*Additional coursework of three trimesters at NYCC is required to obtain the Bachelor of Exercise Science degree from King's College

**A total of ten trimesters of coursework at NYCC is required to obtain the Doctor of Chiropractic degree

***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.