

# EXERCISE SCIENCE – EXERCISE PHYSIOLOGY TRACK

## BACHELOR OF SCIENCE (BS.EXSC)

CORE Requirements	Credits	Major Requirements	Credits	Major Requirements	Credits	Free Electives	Credits
CORE 090 First Year Exp.	1	EXSC 101	3	BIOL 113	3	Students majoring in Exercise Science – Exercise Physiology Track do not have room for “free electives” if they wish to graduate within four years.	
CORE 100 Liberal Arts Sem.	3	EXSC 150	3	BIOL 113L	1		
CORE 110 Effective Writing	3	EXSC 280	3	BIOL 210	3		
CORE 115 or 116 Oral Comm.	3	EXSC 290	3	BIOL 210L	1		
CORE 131 or 133 Civilization	3	EXSC 309*	3	BIOL 219	3		
CORE 140 or 141-145 Forgn.	3	EXSC 310*	3	BIOL 219L	1		
CORE 160-169 Literature	3	EXSC 310L*	1	BIOL 220	3		
CORE 170-179 The Arts	3	EXSC 320	3	BIOL 220L	1		
CORE 180-189 American Stud <sup>1</sup>	3	EXSC 325	3	CHEM 113	3		
CORE 190-199 Global Stud <sup>1</sup>	3	EXSC 330	3	CHEM 113L	1		
CORE 250-259 Syst. Theology	3	EXSC 400*	3	CHEM 114	3		
CORE 260-269 Mor. Theology	3	EXSC 400L*	1	CHEM 114L	1		
CORE 280 Philosophy I	3	EXSC 480*	2	PHYS 111	3		
CORE 281-289 Philosophy II	3	EXSC 481*	2	PHYS 111L	1		
		EXSC 499*	3	PHYS 112	3		
				PHYS 112L	1		
				CORE 157 <sup>2</sup>	3		
				MATH 126 <sup>3</sup>	3		
				PSYC 340	3		
				PSYC 351	3		
Total Credits for CORE	40			Total Credits for Major	83		

**Total Credits Required for Graduation = 123**

<sup>1</sup>Students are required to take CORE 180 **OR** CORE 190 to fulfill the Interdisciplinary CORE requirement.

- If a student takes CORE 180, then he/she should choose from 191 – 198 to fulfill the 19x's requirement.
- If a student takes CORE 190, then he/she should choose from 181 – 188 to fulfill the 18x's requirement.

<sup>2</sup>A student must take CORE 157 to graduate from the Exercise Science Program. A student CANNOT take CORE 150-156 or 158-159 and meet graduation requirements. A student must take CORE 157 prior to spring of junior (3<sup>rd</sup> year).

<sup>3</sup>MATH 126 must be taken prior to EXSC 480/481.

\* Indicates that these courses have pre-requisites. Please consult college catalog for further information.

### **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.

The requirements of the Core Curriculum represent 52-59 credit hours. 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.”

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## SUGGESTED SEQUENCE

- Use the information below as a guide when selecting courses.
- Refer to the reverse side when selecting major courses, major electives, core courses, and free electives when applicable.
- Consult your Academic Advisor prior to course registration.
- Refer to the King’s College Catalog and/or website for course titles and descriptions.
- Choose one course from each CORE category as listed on the reverse side.
  - CORE courses may be taken in any order approved by the academic advisor with the following conditions:
    - CORE 100 and CORE 110 should be taken in the first year whenever possible.
    - CORE 115 (or 116) should be taken within the first two years whenever possible.
    - For students selecting a Foreign Language (CORE 14x), every effort should be made to register for that language in the first semester at King’s.

1 <sup>st</sup> Year - Fall		cr.	1 <sup>st</sup> Year - Spring		cr.
EXSC 101 Intro. to Exercise Science		3	EXSC 150 Prev., Treat., & Emerg. Care of Inj.		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
CORE		3	CORE		3
CORE		3	CORE		3
CORE		3	CORE		3
CORE 090 First Year Experience		1			
		<b>17</b>			<b>16</b>
2 <sup>nd</sup> Year - Fall			2 <sup>nd</sup> Year – Spring		
BIOL 219 Anatomy & Physiology I		3	EXSC 280 Kinesiology		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		1	PHYS 112 Physics for the Life Sciences II		3
CORE		3	PHYS 112L Physics for the Life Sciences II Lab		1
		<b>14</b>			<b>14</b>
3 <sup>rd</sup> Year – Fall			3 <sup>rd</sup> Year – Spring		
EXSC 309 Electrocardiology		3	EXSC 310 Assess. & Measurements in Exercise		3
EXSC 330 Alternative Methods of Exercise		3	EXSC 310L Assess. & Measurements in Ex. Lab		1
BIOL 113 Evolution & Diversity		3	EXSC 320 Exercise & Special Populations		3
BIOL 113L Evolution & Diversity Lab		1	EXSC 325 Nutrition and the Athlete		3
CORE		3	BIOL 210 Organisms & Their Ecosystems		3
CORE		3	BIOL 210L Organisms & Their Ecosystems Lab		1
		<b>16</b>	MATH 126 Introduction to Statistics		3
					<b>17</b>
4 <sup>th</sup> Year - Fall			4 <sup>th</sup> Year - Spring		
EXSC 400 Science of Strength & Conditioning		3	EXSC 481 Research & Design II		2
EXSC 400L Science of Strength & Cond. Lab		1	EXSC 499 Field Experience/Internship		3
EXSC 480 Research & Design I		2	PSYC 340 Health Psychology		3
PSYC 351 Psychopathology		3	CORE		3
CORE		3	CORE		3
CORE		3			
		<b>15</b>			<b>14</b>
<b>Total Credits Required for Graduation = 123</b>					