

Exercise Science – Exercise Physiology Track

Bachelor of Science (BS.EXSC(EXPH))

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. SBM = 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	MATH 120 [†] or higher level (MATH 126)	-	
	_____ SBM	Scientific Endeavor	NSCI 100	-	
	_____ SBM	Science in Context	NSCI 171-199	-	
	_____ SBM	Human Beh. & Soc. Inst	ECON 111, 112; GEOG 101, 102; PS 101, PSYC 101, SOC 101	-	
Wisdom, Faith, & the Good Life	_____	Introduction to Phil.	PHIL 101	3	
	_____	Phil. Investigations	PHIL 170-199; MSB 287	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	Other Requirements		Credits
_____	EXSC 101	3	_____	BIOL 113	3	_____	HCE 101 Holy Cross Exp.	1
_____	EXSC 150	3	_____	BIOL 113L	1			
_____	EXSC 280	3	_____	BIOL 210 ^{PR}	3			
_____	EXSC 290	3	_____	BIOL 210L ^{PR}	1			
_____	EXSC 309 ^{PR}	3	_____	BIOL 219	3			
_____	EXSC 310 ^{PR}	3	_____	BIOL 219L	1			
_____	EXSC 310L ^{PR}	1	_____	BIOL 220 ^{PR}	3			
_____	EXSC 320	3	_____	BIOL 220L ^{PR}	1			
_____	EXSC 325	3	_____	CHEM 113 ²	3			
_____	EXSC 330	3	_____	CHEM 113L	1			
_____	EXSC 400 ^{PR}	3	_____	CHEM 114 ^{2,PR}	3			
_____	EXSC 400L ^{PR}	1	_____	CHEM 114L ^{PR}	1			
_____	EXSC 450/460 ^{PR}	2	_____	MATH 126 ^{2,5}	3			
_____	EXSC 480 ^{PR}	2	_____	PHYS 111	3			
_____	EXSC 499 ^{PR}	3	_____	PHYS 111L	1			
			_____	PHYS 112 ^{PR}	3			
			_____	PHYS 112L ^{PR}	1			
			_____	PSYC 101	3			
			_____	PSYC 340	3			
			_____	PSYC 351	3			
			_____	SOC 101 ^{2,4}	3			
Total Major Credits		39	Total Major Credits		47	Total Other Credits		1

Total Credits Required for Graduation = 123

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."

See reverse side for a suggested sequence

Effective 07/01/20

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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
CHEM 113 ² General Chemistry I	3	CHEM 114 ^{2,PR} General Chemistry II	3
CHEM 113L General Chemistry I Lab	1	CHEM 114L ^{PR} General Chemistry II Lab	1
SOC 101 ^{2,4} Intro to Sociology	3	PSYC 101 Introduction to Psychology	3
Core Course ¹	3	Core Course ¹	3
HCE 101 Holy Cross Experience	1	Core Course ¹	3
Student may take an additional course up to 17 credits	14		16
Summer		Credits	
Fall	Credits	Spring	Credits
BIOL 219 Anatomy & Physiology I	3	CORE	3
BIOL 219L Anatomy & Physiology I Lab	1	EXSC 290 Exercise Physiology	3
PHYS 111 Physics for the Life Sciences I	3	BIOL 220 ^{PR} Anatomy & Physiology II	3
PHYS 111L Physics for the Life Sciences I Lab	1	BIOL 220L ^{PR} Anatomy & Physiology II Lab	1
EXSC 280 Clinical Kinesiology & Anatomy	3	PHYS 112 ^{PR} Physics for the Life Sciences II	3
Core Course ¹	3	PHYS 112L ^{PR} Physics for the Life Sciences II Lab	1
Core Course ¹	3		
	17		14
Summer		Credits	
Fall	Credits	Spring	Credits
EXSC 309 ^{PR} Electrocardiology	3	EXSC 310 ^{PR} Assess. & Measurements in Exercise	3
EXSC 330 ^{PR} Alternative Methods of Exercise	3	EXSC 310L ^{PR} Assess. & Measurements in Ex. Lab	1
BIOL 113 Evolution & Diversity	3	EXSC 320 ^{PR} Exercise & Special Populations	3
BIOL 113L Evolution & Diversity Lab	1	EXSC 325 Nutrition and the Athlete	3
Core Course ¹	3	BIOL 210 ^{PR} Organisms & Their Ecosystems	3
Core Course ¹	3	BIOL 210L ^{PR} Organisms & Their Ecosystems Lab	1
	16	MATH 126 ^{2,5} Introduction to Statistics	3
			17
Summer		Credits	
Fall	Credits	Spring	Credits
EXSC 400 ^{PR} Science of Strength & Conditioning	3	EXSC 450/460 ^{PR} Applied S&C / Corr. Ex. Tr.	2
EXSC 400L ^{PR} Science of Strength & Cond. Lab	1	EXSC 499 ^{PR} Field Experience/Internship	3
EXSC 480 ^{PR} Research & Design	2	PSYC 340 Health Psychology	3
PSYC 351 Psychopathology	3	Core Course ¹	3
Core Course ¹	3	Core Course ¹	3
Core Course ¹	3		
	15		14
Total Credits Required for Graduation = 123			

NOTES:

¹Choose one course from each of the Core Requirements listed on the reverse side.

² Course may satisfy both a Major and a Core requirement. CHEM 113 and CHEM 114 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

³ 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.

⁴ 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 (3rd year). SOC 101 will satisfy the Human Behavior & Social Institution Core requirement.

⁵ A student must take MATH 126 Intro to Statistics to graduate from the Exercise Science Program. MATH 126 will satisfy the Quantitative Reasoning Core requirement.

^{PR} Course has a prerequisite – Consult college catalog for further information.