

# EXERCISE SCIENCE – APPLIED EXERCISE SCIENCE TRACK

## BACHELOR OF SCIENCE (B.S.)

CORE Requirements	Credits	Major Requirements	Credits	Major Requirements	Credits	Free Electives <sup>2</sup>	Credits
CORE 090 First Yr. Exp.	1	EXSC 101	3	BIOL 219	3	Free Elective†	3
CORE 100 Lib. Arts Sem.	3	EXSC 150	3	BIOL 219L	1	Free Elective†	3
CORE 110 Effect. Writ.	3	EXSC 245	3	BIOL 220	3	Free Elective†	3
CORE 115 or 116 Oral Comm.	3	EXSC 280	3	BIOL 220L	1	Free Elective†	3
CORE 131 or 133 Civilization	3	EXSC 290	3	CHEM 107	3		
CORE 140 or 141-145 Forgn.	3	EXSC 300*	3	CHEM 107L	1		
CORE 160-169 Literature	3	EXSC 300L*	1	CORE 157 <sup>2</sup>	3		
CORE 170-179 The Arts	3	EXSC 309	3	MATH 126 <sup>3</sup>	3		
CORE 180-189 Am. Stud <sup>1</sup>	3	EXSC 310*	3	PHYS 108	3		
CORE 190-199 Glob Stud <sup>1</sup>	3	EXSC 310L*	1	PHYS 108L	1		
CORE 250-259 Syst. Theo.	3	EXSC 320	3	PSYC 340	3		
CORE 260-269 Mor. Theo.	3	EXSC 325	3				
CORE 280 Philosophy I	3	EXSC 430*	3				
CORE 281-289 Philos.II	3	EXSC 440	3				
		EXSC 480	2				
		EXSC 481*	2				
		EXSC 499*	3				
Total Credits for CORE	40	Total Credits for Major		70	Total Credits for Free Electives		12

**Total Credits Required for Graduation = 122**

<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.

† 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 351 - Psychopathology  
 Spring Junior Year: PSYC 355 – Developmental Psychology: Childhood and Adolescence  
 Fall Senior Year: PSYC 356 – Developmental Psychology: Adulthood & Aging  
 Spring Senior Year: PSYC 345 – Biology of Mental Illness

### **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
PHYS 108 Applied Biophysics		3	CHEM 107 General, Organic, & Biochem.		3
PHYS 108L Applied Biophysics Lab		1	CHEM 107L General, Organic, & Biochem. 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		
EXSC 245 Principles of Health		3	EXSC 280 Kinesiology		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		3	BIOL 220L Anatomy & Physiology II Lab		1
CORE		3	MATH 126 Introduction to Statistics		3
CORE		3	CORE		3
		<b>16</b>			<b>16</b>
3 <sup>rd</sup> Year - Fall			3 <sup>rd</sup> Year - Spring		
EXSC 300 Science of Strength & Conditioning		3	EXSC 310 Assess. & Measurements in Exercise		3
EXSC 300L Science of Strength & Cond. Lab		1	EXSC 310 Assess. & Measurements in Ex. Lab		1
EXSC 309 Electrocardiology		3	EXSC 320 Exercise & Special Populations		3
CORE		3	EXSC 325 Nutrition and the Athlete		3
Free Elective†		3	PSYC 340 Health Psychology		3
			Free Elective†		3
		<b>13</b>			<b>16</b>
4 <sup>th</sup> Year - Fall			4 <sup>th</sup> Year - Spring		
EXSC 430 Prog. Development & Prescription		3	EXSC 481 Research & Design II		2
EXSC 440 Admin. & Org. for Ex. Facilities		3	EXSC 499 Field Experience/Internship		3
EXSC 480 Research & Design I		2	CORE		3
CORE		3	CORE		3
Free Elective†		3	Free Elective†		3
		<b>14</b>			<b>14</b>
<b>Total Credits Required for Graduation = 122</b>					

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