

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. (See college catalog for more information) 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 07/01/22

Exercise Science – Exercise Physiology Track

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 | EXSC 290 Exercise Physiology | | 3 |
| BIOL 219L Anatomy & Physiology I Lab | | 1 | BIOL 220 ^{PR} Anatomy & Physiology II | | 3 |
| PHYS 111 Physics for the Life Sciences I | | 3 | BIOL 220L ^{PR} Anatomy & Physiology II Lab | | 1 |
| PHYS 111L Physics for the Life Sciences I Lab | | 1 | PHYS 112 ^{PR} Physics for the Life Sciences II | | 3 |
| EXSC 280 Clinical Kinesiology & Anatomy | | 3 | PHYS 112L ^{PR} Physics for the Life Sciences II Lab | | 1 |
| Core Course ¹ | | 3 | Core Course ¹ | | 3 |
| Core Course ¹ | | 3 | | | 14 |
| 17 | | | | | |
| 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 | | | BIOL 210L ^{PR} Organisms & Their Ecosystems Lab | | 3 |
| | | | 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 | | | 14 |
| 15 | | | | | |
| Total Credits Required for Graduation = 123 | | | | | |

NOTES:

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

²Course 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

³A 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.

⁴A 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.

⁵A 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.