



UNIVERSITY OF SAINT JOSEPH

Exercise Science

FALL	1 st Semester: _____	14	SPRING	2 nd Semester: _____	15
	BIOL 114 Introduction to Cellular Biology	4		BIOL 241 Anatomy & Physiology I	4
	CHEM 175 Fundamental Chemical Principles I	4		CHEM 176 Fundamental Chemical Principles II	4
	INTD 100 First Year Seminar I	3		INTD 116 First Year Seminar II	1
	ENGL 104 or ENGL 110 (Honors)	3		MATH 110 Elementary Statistics	3
				PSYC 100 Intro to Psychology	3
FALL	3 rd Semester: _____	16	SPRING	4 th Semester: _____	15
	BIOL 242 Anatomy & Physiology II	4		NUTR 202/SPST 202 Exercise Physiology	3
	PSYC 238 Human Development Through Lifespan	3		SPST 200 Athletic Injury Care & Prevention	3
	NUTR 245 Health Promotion Strategies	3		NUTR 220 Fundamentals of Nutrition	3
	RELS 125	3		PUBH 107 Health Informatics (IT CORE) (MATH 110)	3
PHIL 110 or PHIL 120	3	CORE:	3		
FALL	5 th Semester: _____	15	SPRING	6 th Semester: _____	15
	EXSC 310 Clinical Kinesiology & Biomechanics	3		EXSC 340 Strength & Conditioning Health/Performance	3
	EXSC 325 Motor Control & Learning	3		INTD 301 Mercy Integrative Seminar	3
	NUTR 236 Sports Nutrition	3		CORE:	3
	RELS 301 Moral Issues in Health Care	3		CORE:	3
CORE:	3	CORE/Elective:	3		
FALL	7 th Semester: _____	16	SPRING	8 th Semester: _____	14
	EXSC 405 Exercise Testing & Prescription	4		EXSC 410 Clinical Exercise Physiology	3
	EXSC 475 Internship in Exercise Science I	2		EXSC 425 Exercise Program Design and Management	3
	Elective: PHYS 130 - Introductory Physics I	4		EXSC 485 Internship in Exercise Science II	2
	CORE/Elective:	3		CORE/Elective:	3
CORE/Elective:	3	CORE/Elective:	3		

Students that will be applying to PT school or other graduate programs may need additional courses in the Bachelor's degree. Confer with Academic Advising to ensure that course selection aligns with future professional plans.

The department also recommends (not required) the following courses:

BIOL 117 - Introduction to Evolution and Kingdoms (4 Credits), PHYS 130 - Introductory Physics I (4 Credits)

PHYS 140 - Introductory Physics II (4 Credits), PUBH 107 - Introduction to Health Informatics (3 Credits)

RELS 301 - Moral Issues in Health Care: A Christ Perspective (3 Credits), SPAN 154 - Spanish for Health Professionals (3 Credits)

NOTE: This is an unofficial worksheet and is subject to change. Responsibility to register for the necessary courses in the proper sequence to meet the requirements of one's academic program rests with the student. Please consult your Academic Advisor, Faculty/Major/Department Advisor, and USJ catalog for the most up-to-date degree requirements.