



# UNIVERSITY OF SAINT JOSEPH

## Exercise Science

|             |                                                                 |           |               |                                                     |           |
|-------------|-----------------------------------------------------------------|-----------|---------------|-----------------------------------------------------|-----------|
| <b>FALL</b> | 1 <sup>st</sup> Semester: _____                                 | <b>16</b> | <b>SPRING</b> | 2 <sup>nd</sup> Semester: _____                     | <b>15</b> |
|             | BIOL 114 Introduction to Cellular Biology                       | 4         |               | BIOL 241 Anatomy & Physiology I                     | 4         |
|             | RELS 125                                                        | 3         |               | INTD 116 First Year Seminar II                      | 1         |
|             | INTD 100 First Year Seminar I                                   | 3         |               | MATH 110 Elementary Statistics                      | 3         |
|             | ENGL 104 or ENGL 110 (Honors)                                   | 3         |               | PSYC 100 Intro to Psychology                        | 3         |
|             | CORE/Elective                                                   | 3         |               | EXSC 100 Surveys of Careers in Ex Science           | 1         |
|             |                                                                 |           |               | CORE/Elective                                       | 3         |
| <b>FALL</b> | 3 <sup>rd</sup> Semester: _____                                 | <b>16</b> | <b>SPRING</b> | 4 <sup>th</sup> Semester: _____                     | <b>15</b> |
|             | 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         |
|             | EXSC 120 Science of Fitness and Wellness                        | 2         |               | CORE/Elective                                       | 3         |
|             | CHEM 170                                                        | 4         |               | PHIL 110 or PHIL 120                                | 3         |
| <b>FALL</b> | 5 <sup>th</sup> Semester: _____                                 | <b>15</b> | <b>SPRING</b> | 6 <sup>th</sup> Semester: _____                     | <b>15</b> |
|             | 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         |               | EXSC 425 Exercise Program Design and Management     | 3         |
|             | RELS 301 Moral Issues in Health Care                            | 3         |               | CORE:                                               | 3         |
|             | CORE:                                                           | 3         |               | CORE:                                               | 3         |
| <b>FALL</b> | 7 <sup>th</sup> Semester: _____                                 | <b>16</b> | <b>SPRING</b> | 8 <sup>th</sup> Semester: _____                     | <b>15</b> |
|             | EXSC 405 Exercise Testing & Prescription                        | 4         |               | EXSC 410 Clinical Exercise Physiology               | 3         |
|             | EXSC 475 Internship in Exercise Science I                       | 2         |               | EXSC 485 Internship in Exercise Science II          | 2         |
|             | Elective: PHYS 130 - Introductory Physics I (Pre Req: MATH 170) | 4         |               | Elective: PHYS 140—Intro to Physics II              | 4         |
|             | CORE/Elective:                                                  | 3         |               | CORE/Elective:                                      | 3         |
|             | CORE/Elective:                                                  | 3         |               | CORE/Elective:                                      | 3         |

The exercise science major also requires two electives (6 cr) from the following list or other course with permission of advisor: Any 3 credit NUTR, PUBH, HESC course; EXSC410 Clinical Ex Phys (3 cr); or a 3 cr course in sport psyc, inclusivity in sport or health psyc; PHYS130, PHYS140.

Disclaimer: This academic plan is intended as a general guide. Professional programs (e.g., medical, dental, PA, vet, PT, etc.) requirements vary by institution. Students are responsible for researching the specific prerequisites, recommended coursework, and additional requirements of the programs to which they plan to apply. Academic Advisors can help adjust the academic plan as needed. Example, for PT school, PHYS130/140 may be needed and CHEM175/CHEM176 is recommended instead of CHEM170.

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