



# BACHELOR OF SCIENCE - EXERCISE SCIENCE AY 2023 - 2024

97-113 credits

## TRACK-SPECIFIC DECLARATION REQUIREMENTS

- EXSC and Pre-AT: Any 2 classes of required BIOL or CHEM with minimum grade  $\geq C$
- Pre-OT and Pre-PT: Any 2 classes of required BIOL, CHEM or PHYS lecture with minimum grade  $\geq B$

<b>CORE (39 credits)</b> Required minimum grade $\geq C+$				
COURSE (CREDITS)	SECTION - SCHEDULE			PREREQUISITES
	FALL	WINTER	SPRING	
<b>PHED 193</b> First Aid (2)	1 - M 9-11 2 - T 11-1 3 - W 2-4	1 - T 8-10 2 - R 8-10 3 - W 2-4 4 - T 11-1	1 - W 8-10 2 - T 2-4 3 - M 8-10	
<b>PHED 372</b> Applied Nutrition & Physical Fitness (3)	1 - MWF 9-10 2 - MWF 10-11	1 - MWF 1-2	1 - MWF 10-11 2 - MWF 1-2	
<b>PHED 349</b> Anatomical Kinesiology (4)	1 - Lecture MTR 12-1 Lab T 1-3 2 - Lecture MTR 12-1 Lab R 1-3	1 - Lecture MWF 8-9 Lab T 11-1 2 - Lecture MWF 8-9 Lab R 11-1	1 - Lecture MWF 8-9 Lab T 9-11 2 - Lecture MWF 8-9 Lab R 9-11	Sophomore standing
<b>PHED 350</b> Physiological Kinesiology (4)	1 - Lecture MWF 11-12 Lab T 11-1 2 - Lecture MWF 11-12 Lab R 11-1 3 - Lecture MWF 10-11 Lab T 1-3 4 - Lecture MWF 10-11 Lab R 1-3	1 - Lecture MWF 9-10 Lab T 1-3 2 - Lecture MWF 9-10 Lab R 1-3	1 - Lecture MWF 11-12 Lab T 1-3 2 - Lecture MWF 11-12 Lab R 1-3	Sophomore standing
<b>PHED 352</b> Mechanical Kinesiology (4)	1 - Lecture TWR 11-12 Lab F 9-11 2 - Lecture TWR 11-12 Lab F 12-2	1 - Lecture MWF 11-12 Lab T 9-11 2 - Lecture MWF 11-12 Lab R 9-11	1 - Lecture MWF 12-1 Lab T 11-1 2 - Lecture MWF 12-1 Lab R 11-1	Sophomore standing
<b>EXSC 301</b> Introduction to Exercise Science (1)	1 - T 1-2	1 - T 1-2	1 - T 1-2	Official EXSC declaration
<b>EXSC 390</b> Principles of Program Design (3)	1 - MWF 12-1	1 - MWF 2-3	1 - MWF 2-3	PHED 350 ( $\geq C+$ )
<b>EXSC 420</b> Principles of Program Design for Special Populations (4)	1 - MW 1-3	1 - MW 1-3	1 - TR 11-1	EXSC 390 ( $\geq C+$ )
<b>EXSC 440</b> Exercise Counseling & Behavior Change (3)			1 - MWF 12-1	EXSC 390 *Not a required class if you declared before F23
<b>EXSC 455</b> Research & Analysis (3)	1 - MWF 10-11	1 - MWF 10-11	1 - MWF 9-10	CSBS 320 or MATH 380
<b>EXSC 460</b> Physiology of Exercise (4)	1 - MW 8-10	1 - MW 8-10	1 - MW 8-10	EXSC 301, PHED 349, & PHED 350 ( $\geq C+$ for all)
<b>EXSC 490</b> Senior Capstone (4)	1 - Lecture MWF 11-12 Lab T 10-12 2 - Lecture MWF 11-12 Lab R 10-12	1 - Lecture MWF 11-12 Lab T 10-12 2 - Lecture MWF 11-12 Lab R 10-12	1 - Lecture MWF 11-12 Lab T 10-12 2 - Lecture MWF 11-12 Lab R 10-12	EXSC 420 ( $\geq C+$ )
<b>PROFESSIONAL ELECTIVES (4-6 credits)</b> (select two) Required minimum grade $\geq C+$				
COURSE (CREDITS)	SECTION - SCHEDULE			PREREQUISITES
	FALL	WINTER	SPRING	
<b>PHED 333</b> Group Exercise Instructor Training (2)		1 - TR 2-3	1 - TR 12-1	
<b>PHED 335</b> Strength & Conditioning ProLab (2)	1 - MTR 8-9 2 - MWF 8-9	1 - MTR 9-10 2 - MWF 9-10	1 - MTR 8-9 2 - MWF 8-9	
<b>EXSC 380</b> Nutrition in Sport & Exercise (3)		1 - MWF 10-11		PHED 372
<b>EXSC 411</b> PA, Mental Health & Cognition (3)			1 - MWF 1-2	Sophomore standing
<b>EXSC 481</b> ECG Interpretation (3)		1 - MWF 10-11	1 - MWF 1-2	BIOL 233 ( $\geq C$ ) & PHED 350 ( $\geq C+$ )
<b>EXSC 496</b> Care & Prevention of Injuries (3)			1 - MWF 12-1	
<b>EXSC 496</b> Clinical Biomechanics (3)		1 - MWF 12-1		
<b>REQUIRED SUPPORTING (35 credits)</b>				
COURSE (CREDITS)	Consult EagleNet/Navigate for course schedule		PREREQUISITES	
<b>BIOL 232</b> Human Anatomy & Physiology (5) <b>BIOL 233</b> Human Anatomy & Physiology (5) <b>BIOL 234</b> Human Anatomy & Physiology (5)			1 course college chemistry BIOL 232 BIOL 233	

<b>REQUIRED SUPPORTING <i>cont.</i></b>		
CHEM 161 General Chemistry (4), CHEM 161L (1) CHEM 162 Organic Chemistry (4), CHEM 162L (1) CHEM 163 Biochemistry (4), CHEM 163L (1)		MATH 104 or ALEKS score $\geq 41$ CHEM 161 CHEM 162
CSBS 320 Intro Stats for Social Sciences (5) <b>OR</b> MATH 380 Elementary Probability & Stats (5)	MATH 380 satisfies University math proficiency requirement ( $\geq C$ ); may not satisfy PSYC minor statistics requirement	MATH proficiency required; MATH 121 recommended MATH proficiency clearance
<b>Required minimum grade EXSC, Pre-AT <math>\geq C</math> (each course); Pre-OT and Pre-PT <math>\geq B</math> statistics course and 3.0 science series average.</b>		
<b>COMMUNICATIONS (4-5 credits) (select one) Required minimum grade <math>\geq C</math></b>		
COURSE (CREDITS)	Consult EagleNet/Navigate for course schedule	PREREQUISITES
BUED 302 Business Communication (4)		Junior standing
CMST 331 Interviewing (5)		
CMST 340 Intercultural Communication (5)	Satisfies University diversity course graduation requirement	
CMST 420 Health Communication (5)		
ENTP 311 Entrepreneurial Behavior & Thinking (4)		ENGL 201, MTHD 104 or equivalent, & sophomore standing
<b>TRACK-SPECIFIC REQUIREMENTS REQUIRED MINIMUM GRADE IN ALL* <math>\geq B</math></b>		
<b>EXERCISE SCIENCE TRACK (15 credits)</b>		
COURSE (CREDITS)		PREREQUISITES
EXSC 488 Professional Internship (15)	Arranged; faculty advisor approval required for registration; consult Internship Manual for information	EXSC 301
<b>PRE-ATHLETIC TRAINING TRACK (20 credits)</b>		
COURSE (CREDITS)		PREREQUISITES
EXSC 388 Practicum (8)	Arranged; faculty advisor approval required for registration; consult practicum syllabus for information	EXSC 301
PHED 256 Medical Terminology (2)	FWS Online	
PSYC 302 Abnormal Psychology (5)	Consult EagleNet/Navigate for course schedule	
PHYS 131 Introductory Physics I (4)* PHYS 161 Mechanical Laboratory (1)* <b>OR</b> PHYS 100 Physical Science I (5)* <b>*Required minimum grade <math>\geq C</math></b>	Fall only Consult EagleNet/Navigate for course schedule	PHYS 131/161 requires MATH 141 <b>and</b> MATH 142 PHYS 100 requires MATH 104 or 106
<b>PRE-OCCUPATIONAL THERAPY TRACK (20 credits)</b>		
COURSE (CREDITS)		PREREQUISITES
EXSC 388 Practicum (8)	Arranged; faculty advisor approval required for registration; consult practicum syllabus for information	EXSC 301
OCTH 101 Introduction to Occupational Therapy (2)	Consult EagleNet/Navigate for course schedule	
PSYC 201 Lifespan Development (5)	Consult EagleNet/Navigate for course schedule	
PSYC 302 Abnormal Psychology (5)	Consult EagleNet/Navigate for course schedule	
<b>PRE-PHYSICAL THERAPY TRACK (28 credits)</b>		
COURSE (CREDITS)		PREREQUISITES
EXSC 388 Practicum (8)	Arranged; faculty advisor approval required for registration; consult practicum syllabus for information	EXSC 301
PSYC 302 Abnormal Psychology (5)	Consult EagleNet/Navigate for course schedule	
PHYS 131 Introductory Physics I (4) PHYS 161 Mechanical Laboratory (1)	Consult EagleNet/Navigate for course schedule	MATH 142 (MATH 141 is a prereq for MATH 142)
PHYS 132 Introductory Physics II (4) PHYS 162 Heat & Optics Laboratory (1)	Consult EagleNet/Navigate for course schedule	PHYS 131
PHYS 133 Introductory Physics III (4) PHYS 163 Instrumentation Laboratory (1)	Consult EagleNet/Navigate for course schedule	PHYS 132
<b>Required minimum <u>average</u> in physics 130 lecture series <math>\geq 3.0</math>. Required minimum grade in <u>each</u> physics 160 lab <math>\geq B</math>.</b>		

#### **ADDITIONAL GRADUATION REQUIREMENTS**

- Membership in a professional organization
- 180 total credits, including 60 upper division ( $\geq 300$ -level); 45 residency credits (EWU credits)