

# B.S. in Exercise and Sports Science - Pre-Physical Therapy Track

Click on the course number to view course title and description.

Code	Title	Semester Hours
<b>Exercise and Sports Science - Pre-Physical Therapy Track Degree Plan (120 hours)</b>		
<b>Core Requirements (46 hours)</b>		
First Year Seminar		3
FYE 1301	First Year Seminar	
Freshmen Composition I		3
EN 1311	Rhetoric and Composition	
or EN 1313	Rhetoric and Composition for International Students	
Literature		3
Any EN 23XX literature course		
History		3
Any 1000, 2000, or 3000-level HS course		
Social Science		6
PS 1301	General Psychology	
PS 2355	Development	
Mathematics		3
MT 2303	Introduction to Probability and Statistics	
Natural or Physical Sciences		4
BL 1401	General Biology for Majors I	
Fine Arts		3
Select any 3 hrs. of the following: Art (AR), Drama (DM), Music (MU) or MU 1300		
Foreign Language and International Engagement		6
This requirement is satisfied through one of four ways: (1) One 3-hour course in any language at the 3000 level or above, with a grade of B or better; (2) Two courses (1311 and 1312) in a language not previously studied; (3) Two courses (2311 and 2312) in a language previously studied at the high school or college level; (4) Qualifying scores on an AP or CLEP exam, or both the ACTFL OPI and WPT exams		
Philosophy - Self		3
PL 1301	Intro to Philosophy	
Philosophy - Ethics		3
PL 2301	Foundations of Ethics	
Theology - God		3
TH 1301	Introduction to Theology	
Intermediate Theology		3
Any TH 33xx course		
<b>Exercise and Sport Science Major Courses - Pre-Physical Therapy Track (49 hours)</b>		
EX 1302	Foundations of Exercise & Sport Science	3
EX 1312	Lifelong Health and Wellness	3
or NU 3301	Health Promotion and Disease Prevention Across the Lifespan	
EX 2310	Motor Learning	3
BL 1411	Human Anatomy & Physiology I (or EX 1411)	4
BL 1412	Human Anatomy and Physio II (or EX 1412)	4
EX 3304	Biomechanics of Human Movement	3
EX 3310	Field Experience	3
EX 3401	Exercise Physiology	4
EX 4308	Research Seminar	3
EX 4611	Internship in Exercise and Sport Science <sup>1</sup>	6

**Level 1 Elective Courses (select 3)****9**

Consult with your academic adviser to determine which 4 of the following Medical Fitness courses and/or Strength and Conditioning courses best fit your career interests

**Level 1: Medical Fitness Electives**

EX 2304	Medical Terminology
EX 3302	Prevention & Care of Activity-Related Injuries
EX 3314	Exercise and Sport Psychology
EX 4302	Advanced Exercise Physiology

**Level 1: Strength and Conditioning Elective**

EX 2306	Instruction of Sports Activities and Games
EX 2308	Introduction to Athletic Training
EX 3306	Current Issues in Exercise & Sport Science
EX 4306	Sport Nutrition

**Level 2 Elective Course (Select 1)****4**

Consult with your academic adviser to determine which course best fits your career interests

**Level 2: Medical Fitness Elective**

EX 4404	Exercise Testing and Prescription
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**Level 2: Strength and Conditioning Elective**

EX 4408	Essentials of Strength and Conditioning
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General Electives (25 hours)

**25**

An elective can be any course taken from any discipline. Students can use these hours to pursue certificates, minors, or second majors. Students interested in pursuing Physical Therapy careers are advised to take the following additional courses: BL 1402, CH 1401, CH 1402, PY 1401 and PY 1402. Consult with your faculty advisor to determine which courses are best for your preferred Physical Therapy program.

**Total Semester Hours****120**

<sup>1</sup> In lieu of EX 4611 (a 6-credit internship course requiring 200 hours of observation in clinical settings), students may choose to take EX 4311 twice in case they need two (2) semesters to work the requisite hours.

*This is a recommended degree plan subject to changes. Students should meet with their advisor on a regular basis.*

*Click on the course number to view course title and description.*

**First Year**

<b>Fall</b>	<b>Semester Spring Hours</b>	<b>Semester Hours</b>
FYE 1301	3 Literature	3
Foreign Language I	3 Foreign Language II	3
EN 1311	3 MT 2303	3
EX 1302	3 EX 1312	3
PS 1301	3 EX 1411	4
	<b>15</b>	<b>16</b>

**Second Year**

<b>Fall</b>	<b>Semester Spring Hours</b>	<b>Semester Hours</b>
Fine Arts	3 PS 2355	3
BL 1401	4 EX 1412	4
PL 1301	3 EX 3304	3
EX 2310	3 General Elective (BL 1402 recommended)	4
EX 3401	4	
	<b>17</b>	<b>14</b>

**Third Year**

<b>Fall</b>	<b>Semester Spring Hours</b>	<b>Semester Hours</b>
History	3 TH 1301	3

PL 2301	3 EXSS Level 1 Elective (1 of 3)	3
EX 3310	3 EXSS Level 1 Elective (2 of 3)	3
General Elective (CH 1401 recommended)	4 General Elective (CH 1402 recommended)	4
General Elective	2 General Elective	3
<b>15</b>		<b>16</b>

**Fourth Year**

<b>Fall</b>	<b>Semester Spring Hours</b>	<b>Semester Hours</b>
Intermediate Theology	3 EX 4308	3
EXSS Level 1 elective (3 of 3)	3 EX 4611	6
EXSS Level 2 elective (1 of 1)	4 General Elective (PY 1402 recommended)	4
General Elective (PY 1401 recommended)	4	4
<b>14</b>		<b>13</b>

**Total Semester Hours 120**