

B.S. IN EXERCISE SCIENCE - EXERCISE SCIENCE SPECIALIST CONCENTRATION

Curriculum

Code	Title	Credits
GENERAL EDUCATION REQUIREMENTS (https://catalog.wcupa.edu/undergraduate/general-education-requirements/)		
Academic Foundations		
First Year Experience requirement		4
English Composition requirement		6-7
WRT 120	Effective Writing I	
WRT 200	Critical Writing and Research	
or WRT 204	Critical Writing: Approaches to Popular Culture	
or WRT 205	Critical Writing: Investigating Experience	
or WRT 206	Critical Writing: Multidisciplinary Imagination	
or WRT 208	Critical Writing: Entering Public Sphere	
or WRT 220	Critical Writing: Special Topics	
Mathematics requirement		3-4
MAT 121	Introduction to Statistics I	
Interdisciplinary requirement		3
Diverse Communities requirement		3
Ethics requirement		3
Distributed Disciplinary Foundations		
Science requirement		6-8
See Related Requirements under your concentration to fulfill these credits.		
Behavioral & Social Science requirement		6
PSY 100	Introduction to Psychology	
SOC 100	Introduction to Sociology	
or SOC 240	Sociology of the Family	
Humanities requirement		6
Arts requirement		3
ADDITIONAL BACCALAUREATE REQUIREMENTS (https://catalog.wcupa.edu/undergraduate/general-education-requirements/)		
University Requirements		
Writing Emphasis requirement		9
Speaking Emphasis requirement		9
SPK 208	Public Speaking	
or SPK 230	Business and Professional Speech Communication	
Degree Requirements		
Capstone requirement		1-15
MAJOR REQUIREMENTS		
Core Courses ¹		
EXS 103	Fundamentals of Group Exercise and Resistance Training	3
EXS 180	Lifetime Fitness Concepts	3
EXS 270	Motor Learning	3
EXS 223	Kinetic Anatomy	2
EXS 280	The Exercise Science Profession	1
EXS 362	Biomechanics	3
EXL 362	Biomechanics Laboratory	1
EXS 375	Sport and Exercise Psychology	3

EXS 380	Exercise Physiology	3
EXL 380	Exercise Physiology Lab	1
EXS 381	Fitness Assessment - Exercise Prescription	3
EXL 381	Fitness Assessment - Exercise Prescription Lab	1
EXS 482	Strength Training and Conditioning	3
EXL 482	Strength Training and Conditioning Laboratory	1
EXS 484	Organization and Management of Adult Fitness Programs Clinic/Seminar	3
EXS 486	Exercise Prescription - Special Population	3
EXS 489	Clinical Exercise Testing and Interpretation	3
EXL 489	Clinical Exercise Testing and Interpretation Laboratory	1

Related/Cognate Requirements

BIO 259	Human Anatomy and Physiology I	4
BIO 269	Human Anatomy and Physiology II	4
NTD 303	Introductory Principles Human Nutrition	3

Capstone Requirement

EXS 490	Internship ^{1,2}	3
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Concentration Requirements

Students must take the required courses in their concentration to reach the 120 credits required for graduation.

Total Minimum Credits Required 120

Exercise Science Specialist Concentration

Students graduating as an Exercise Science Specialist are prepared to conduct adult fitness programs, prescribe and administer exercise in settings such as hospitals, clinics, corporations, or community centers, and work as personal trainers or strength and conditioning coaches.

Code	Title	Credits
Related Requirements		
BIO 100	Basic Biological Science	3
or BIO 110	General Biology I	
CHE 107	General Chemistry for Allied Health Sciences	4
or CHE 103	General Chemistry I	
CRL 107	General Chemistry Lab for Allied Health Sciences	1
or CRL 103	General Chemistry I Lab	
PHY 100	Elements of Physical Science ³	3
SMD 271	First Aid and Athletic Training	2
or SMD 204	First Aid for Health Professionals	
Student Electives		
Students must take electives to fulfill 120 credit hour minimum.		9-10

¹ In order to graduate, a minimum grade of C- or better in all exercise science core courses is required.

² This course fulfills the Capstone requirement.

³ PHY 100 or above

Accelerated B.S. in Exercise Science - Exercise Science Specialist Concentration to M.S. in Exercise and Sport Science

Any Exercise Science major with junior-standing in the Exercise Science Specialist Concentration and a 3.0 cumulative GPA or higher may substitute up to 12 graduate credits to satisfy the B.S. program.

Code	Title	Credits
EXS 570	Concepts of Exercise and Sport Science	3
EXS 572	Advanced Motor Learning	3
EXS 640	Applied Sport and Exercise Psychology	3
EXS 641	Group Dynamics in Sport and Exercise	3
EXS 681	Metabolic, Endocrine, and Digestive Physiology	3
EXS 687	Neuromuscular Physiology	3
EXS 688	Cardiopulmonary Physiology	3
EXS 585	Biomechanics	3
EXS 582	Pathokinesiology	3

Sample Course Plan

To track their individual degree progress, students are advised to access their Degree Audit via RamPortal regularly. For more information, visit the Degree Audit FAQ webpage (<https://www.wcupa.edu/academicEnterpriseSystems/student-system-modernization/degree-audit-faqs.aspx>).

The following is a sample suggested course sequence for this program; course offerings and availability are not guaranteed. Students should consult their academic advisor with any questions.

Course	Title	Credits
Year One		
Fall		
EXS 103 or EXS 180	Fundamentals of Group Exercise and Resistance Training or Lifetime Fitness Concepts	3
BIO 100	Basic Biological Science	3
SOC 100 or SOC 240	Introduction to Sociology or Sociology of the Family	3
WRT 120 or WRT 123	Effective Writing I or Effective Writing with Supplemental Writing Workshop	3-4
FYE 100X	First Year Experience	4
Credits		16-17
Spring		
EXS 180 or EXS 103	Lifetime Fitness Concepts or Fundamentals of Group Exercise and Resistance Training	3
BIO 259	Human Anatomy and Physiology I	4
MAT 121	Introduction to Statistics I	3
PSY 100	Introduction to Psychology	3
WRT 2XX	200-Level WRT Course	3
Credits		16

Year Two		
Fall		
EXS 223 & EXS 280 or EXS 270	Kinetic Anatomy or Motor Learning	3
BIO 269	Human Anatomy and Physiology II	4
Gen Ed Course ¹		3
Gen Ed Course ¹		3
Gen Ed Course ¹		3
Credits		16

Spring		
EXS 270 or EXS 223 <i>and</i> EXS 280	Motor Learning or Kinetic Anatomy <i>and</i> The Exercise Science Profession	3
PHY 100	Elements of Physical Science	3
NTD 303	Introductory Principles Human Nutrition	3
Gen Ed Course ¹		3
Gen Ed Course ¹		3
Credits		15

Year Three		
Fall		
EXS 362 & EXL 362	Biomechanics and Biomechanics Laboratory	4
EXS 380 & EXL 380	Exercise Physiology and Exercise Physiology Lab	4
SMD 271 or SMD 204	First Aid and Athletic Training or First Aid for Health Professionals	2-3
CHE 107 & CRL 107	General Chemistry for Allied Health Sciences and General Chemistry Lab for Allied Health Sciences	5
Credits		15-16

Spring		
EXS 375	Sport and Exercise Psychology	3
EXS 381 & EXL 381	Fitness Assessment - Exercise Prescription and Fitness Assessment - Exercise Prescription Lab	4
Gen Ed Course ¹		3
Gen Ed Course ¹		3
Gen Ed Course ¹		3
Credits		16

Year Four		
Fall		
EXS 482	Strength Training and Conditioning	3
EXS 484	Organization and Management of Adult Fitness Programs Clinic/Seminar	3
EXS 486	Exercise Prescription - Special Population	3
Gen Ed Course ¹		3
Gen Ed Course ¹		3
Credits		15

Spring		
EXS 489 & EXL 489	Clinical Exercise Testing and Interpretation and Clinical Exercise Testing and Interpretation Laboratory	4

EXS 490	Internship	3-6
Gen Ed Course	¹	3
Gen Ed Course	¹	3
Credits		13-16
Total Credits		122-127

¹ Choose from list: 1 interdisciplinary course, 1 diverse communities course, 3 speaking emphasis courses, 3 writing emphasis courses, 1 ethics course, 1 arts course, and 2 humanities courses. Double up on gen ed courses when possible.