

# B.S. IN EXERCISE SCIENCE - PRE-CHIROPRACTIC CONCENTRATION

*College of Health Sciences*

## Curriculum

Code	Title	Credits
<b>GENERAL EDUCATION REQUIREMENTS (<a href="http://catalog.wcupa.edu/undergraduate/general-education-requirements/">http://catalog.wcupa.edu/undergraduate/general-education-requirements/</a>)</b>		

### 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
<b>Distributed Disciplinary Foundations</b>		
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 (<http://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 <sup>1</sup>

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 <sup>1</sup>

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 <sup>1,2</sup>	3
---------	---------------------------	---

#### Concentration Requirements

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

<b>Total Minimum Credits Required</b>	<b>120</b>
---------------------------------------	------------

### Pre-Chiropractic Concentration

Students graduating in the Pre-Chiropractic concentration are prepared for entrance into a graduate chiropractic program.

Code	Title	Credits
<b>Related Requirements <sup>1</sup></b>		
BIO 110	General Biology I	4
CHE 103	General Chemistry I	3
CRL 103	General Chemistry I Lab	1
CHE 104	General Chemistry II	3
CRL 104	General Chemistry II Lab	1
PHY 130	General Physics I	4
PHY 140	General Physics II	4
EXS 222	Introduction to Medical Terminology and Drug Classifications	2

#### Student Electives

Students must take electives to fulfill the 120 credit minimum.	2
---	---

<sup>1</sup> In order to graduate with a B.S. in Exercise Science - Pre-Chiropractic Concentration, a minimum grade of C- or better in all exercise science, related/cognate requirements, and Pre-Chiro related requirements is required.

<sup>2</sup> This course fulfills the Capstone requirement.

### Sample Course Plan

To track their individual degree progress, students are advised to access their Degree Progress Report (DPR) via myWCU regularly. For more

information, visit [wcupa.edu/DegreeProgressReport](http://wcupa.edu/DegreeProgressReport) (<http://wcupa.edu/degreeprogressreport/>).

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
<b>Year One</b>		
<b>Fall</b>		
EXS 103 or EXS 180	Fundamentals of Group Exercise and Resistance Training or Lifetime Fitness Concepts	3
BIO 110	General Biology I	4
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
<b>Credits</b>		<b>17-18</b>
<b>Spring</b>		
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
<b>Credits</b>		<b>16</b>
<b>Year Two</b>		
<b>Fall</b>		
EXS 223 & EXS 280 or EXS 270	Kinetic Anatomy or Motor Learning	3
BIO 269	Human Anatomy and Physiology II	4
NTD 303	Introductory Principles Human Nutrition	3
Gen Ed Course <sup>1</sup>		3
Gen Ed Course <sup>1</sup>		3
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
EXS 270 or EXS 223 <i>and</i> EXS 280	Motor Learning or Kinetic Anatomy <i>and</i> The Exercise Science Profession	3
EXS 380 & EXL 380	Exercise Physiology and Exercise Physiology Lab	4
PHY 130	General Physics I	4
Gen Ed Course <sup>1</sup>		3
Gen Ed Course <sup>1</sup>		3
<b>Credits</b>		<b>17</b>
<b>Year Three</b>		
<b>Fall</b>		
EXS 222	Introduction to Medical Terminology and Drug Classifications	2
EXS 362 & EXL 362	Biomechanics and Biomechanics Laboratory	4
EXS 375	Sport and Exercise Psychology	3
PHY 140	General Physics II	4

CHE 103 & CRL 103	General Chemistry I and General Chemistry I Lab	4
<b>Credits</b>		<b>17</b>
<b>Spring</b>		
EXS 381 & EXL 381	Fitness Assessment - Exercise Prescription and Fitness Assessment - Exercise Prescription Lab	4
EXS 482	Strength Training and Conditioning	3
CHE 104 & CRL 104	General Chemistry II and General Chemistry II Lab	4
Gen Ed Course <sup>1</sup>		3
Gen Ed Course <sup>1</sup>		3
<b>Credits</b>		<b>17</b>
<b>Year Four</b>		
<b>Fall</b>		
EXS 484	Organization and Management of Adult Fitness Programs Clinic/Seminar	3
EXS 486	Exercise Prescription - Special Population	3
CHE/CRL XXX	Chemistry Elective w/Lab	6
Gen Ed Course <sup>1</sup>		3
Gen Ed Course <sup>1</sup>		3
<b>Credits</b>		<b>18</b>
<b>Spring</b>		
EXS 489 & EXL 489	Clinical Exercise Testing and Interpretation and Clinical Exercise Testing and Interpretation Laboratory	4
EXS 490	Internship	3
Gen Ed Course <sup>1</sup>		3
Gen Ed Course <sup>1</sup>		3
Gen Ed Course <sup>1</sup>		3
Gen Ed Course <sup>1</sup>		3
<b>Credits</b>		<b>19</b>
<b>Total Credits</b>		<b>137-138</b>

<sup>1</sup> 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.

Students should preview potential graduate school websites. Graduate programs will list required undergraduate prerequisite courses. If the above list of courses does not include required prerequisites, then those courses may be taken at WCU as electives in the program.