

# B.S. IN EXERCISE SCIENCE - PRE-OCCUPATIONAL THERAPY CONCENTRATION

*College of Health Sciences*

## Curriculum

The concentration is designed to prepare students for entrance into a professional graduate-level school of occupational therapy. Occupational therapists and occupational therapy assistants work with a variety of individuals who have difficulty accessing or performing meaningful occupations. Most commonly, these therapists and assistants work with people with disabilities to maximize their skills and abilities. Services typically include:

1. Customized intervention programs to improve one's ability to perform daily activities
2. Comprehensive home and job site evaluations with adaptation recommendations
3. Performance skills assessments and treatments
4. Adaptive equipment recommendations and usage training
5. Guidance to family members and caregivers

**General Education Requirements** (<http://catalog.wcupa.edu/undergraduate/general-education-requirements>)

English Composition requirements	6
Mathematics requirement	3
Public Speaking requirement	3
Science requirements	6
Behavioral & Social Science requirements	6
Humanities requirements	6
Arts requirement	3
Diverse Communities requirement	3
Interdisciplinary requirement	3
Student Electives	9
Writing Emphasis requirements	9

### Major Requirements

EXS 101	Group Exercise Leadership	2
EXS 102	Fundamentals of Resistance Training Techniques	2
EXS 180	Lifetime Fitness Concepts	3
EXS 223	Kinetic Anatomy	2
EXS 262	Biomechanics	3
EXL 262	Biomechanics Lab	1
EXS 370	Motor Learning	3
EXS 375	Introduction to Sport Exercise & Performance Psychology	3
EXS 380	Exercise Physiology	3
EXL 380	Exercise Physiology Lab	1
EXS 381	Fitness Assessment - Exercise Prescription	4
EXS 482	Exercise Techniques and Physical Condition	4
EXS 484	Organization and Management of Adult Fitness Progs Clin/Sem	3
EXS 486	Exercise Prescription - Special Population	3
EXS 489	Clinical Exercise Testing and Prescription	4
EXS 490	Internship I (internship under the direction of a licensed OT)	3

### Related/Cognate Requirements

BIO 259	Human Anatomy and Physiology I	4
BIO 269	Human Anatomy and Physiology II	4
CHE 107	General Chemistry for Allied Health Sciences	4

CRL 107	General Chemistry Lab for Allied Health Services	1
EXS 222	Introduction to Medical Terminology and Drug Classifications	2
NTD 303	Introductory Principles Human Nutrition	3
PHY 100	Elements of Physical Science	3
PSY 210	Developmental Psychology: Lifespan	3
PSY 375	Abnormal Psychology	3
<b>Total Minimum Credits Required</b>		<b>120</b>

## 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).

The following is a 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>		
BIO 259	Human Anatomy and Physiology I	4
MAT 121	Introduction to Statistics I	3
PHY 100	Elements of Physical Science	3
or	or General Physics I	
PHY 130		
PSY 100	Introduction to Psychology	3
EXS 101	Group Exercise Leadership	2
EXS 102	Fundamentals of Resistance Training Techniques	2
EXS 180	Lifetime Fitness Concepts	3
EXS 223	Kinetic Anatomy	2
Electives		8
		<b>Credits</b>
		<b>30</b>
<b>Year Two</b>		
BIO 269	Human Anatomy and Physiology II	4
NTD 303	Introductory Principles Human Nutrition	3
EXS 262	Biomechanics	4
& EXL 262	and Biomechanics Lab	
EXS 370	Motor Learning	3
EXS 380	Exercise Physiology	4
& EXL 380	and Exercise Physiology Lab	
EXS 222	Introduction to Medical Terminology and Drug Classifications	2
Select one of the following:		4-5
CHE 107	General Chemistry for Allied Health Sciences	
& CRL 107	and General Chemistry Lab for Allied Health Services	
CRL 103	Experimental General Chemistry I (LAB)	
or	or Experimental General Chemistry II	
CRL 104	(LAB)	
Electives		5
		<b>Credits</b>
		<b>29-30</b>
<b>Year Three</b>		
PSY 210	Developmental Psychology: Lifespan	3
EXS 375	Introduction to Sport Exercise & Performance Psychology	3
EXS 381	Fitness Assessment - Exercise Prescription	4
EXS 482	Exercise Techniques and Physical Condition	4
EXS 484	Organization and Management of Adult Fitness Progs Clin/Sem	3

Electives		13
	Credits	30
<b>Year Four</b>		
PSY 375	Abnormal Psychology	3
EXS 486	Exercise Prescription - Special Population	3
EXS 489	Clinical Exercise Testing and Prescription	4
EXS 490	Internship I	3
Electives		17
	Credits	30
	Total Credits	119-120

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.