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

## Curriculum

### General Education Requirements

- **First-Year Experience**
  - 4 credits

### Academic Foundations

- **English Composition requirement**
  - 6 credits
- **WRT 120 Effective Writing I**
- **WRT 200 Critical Writing and Research**
- **or WRT 204 Critical Writing: Approaches to Pop 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 credits
- **MAT 121 Introduction to Statistics I**

- **Interdisciplinary requirement**
  - 3 credits
- **Diverse Communities requirement**
  - 3 credits

### Distributive Requirements

- **Science requirement**
  - 6 credits
  - See Related Requirements under your concentration to fulfill these credits.
- **Behavioral & Social Science requirement**
  - 6 credits
  - **PSY 100 Introduction to Psychology**
  - **SOC 200 Introduction to Sociology**
  - **or SOC 240 Sociology of the Family**

- **Humanities requirement**
  - 6 credits
- **Arts requirement**
  - 3 credits
- **Capstone requirement**
  - 3 credits

### Additional Baccalaureate Requirements

- **Writing Emphasis requirement**
  - 9 credits
- **SPK 208 Public Speaking**
- **or SPK 230 Business and Professional Speech Communication**

- **Speaking Emphasis requirement**
  - 9 credits

- **Ethics requirement**
  - 3 credits
- **Major Requirements**

### Concentration Requirements

- **EXS 101 General Human Anatomy**
  - 3 credits
- **EXS 102 Motor Learning**
  - 3 credits
- **EXS 180 Lifetime Fitness Concepts**
  - 3 credits
- **EXS 223 Kinetic Anatomy**
  - 2 credits
- **EXS 222 Exercise Science Profession**
  - 1 credit
- **EXS 270 Motor Learning**
  - 3 credits
- **EXS 362 Biomechanics**
  - 3 credits
- **EXS 362 Biomechanics Laboratory**
  - 1 credit
- **EXS 375 Sport and Exercise Psychology**
  - 3 credits
- **EXS 380 Exercise Physiology**
  - 3 credits
- **EXS 380 Exercise Physiology Lab**
  - 1 credit
- **EXS 381 Fitness Assessment - Exercise Prescription**
  - 3 credits
- **EXS 381 Fitness Assessment - Exercise Prescription Lab**
  - 1 credit
- **EXS 482 Strength Training and Conditioning**
  - 4 credits
- **EXS 484 Organization and Management of Adult Fitness Programs Clinic/Seminar**
  - 3 credits
- **EXS 486 Exercise Prescription - Special Population**
  - 3 credits
- **EXS 486 Clinical Exercise Testing and Interpretation**
  - 3 credits
- **EXL 489 Clinical Exercise Testing and Interpretation Laboratory**
  - 1 credit
- **EXS 490 Internship (internship under the direction of a licensed OT)**
  - 3 credits

### Related/Cognate Requirements

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

### Pre-Physical Therapy

Students graduating in the pre-physical therapy concentration are prepared for entrance into a school of physical therapy. Physical therapy programs accept a limited number of students and are highly competitive - the student is encouraged to maintain a GPA of 3.5 or better while in this concentration.

### Total Minimum Credits Required

- 120 credits

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

2. In order to graduate with a B.S. in Exercise Science - Pre-Physical Therapy Concentration, a minimum grade of C- or better in all exercise science, related/cognate requirements, and Pre-PT related requirements is required.

### 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.

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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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</thead>
<tbody>
<tr>
<td>BIO 110</td>
<td>General Biology</td>
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<tr>
<td>BIO 259</td>
<td>Human Anatomy and Physiology I</td>
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<td>MAT 121</td>
<td>Introduction to Statistics I</td>
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<tr>
<td>PHY 130</td>
<td>General Physics I</td>
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<tr>
<td>PHY 140</td>
<td>General Physics II</td>
</tr>
<tr>
<td>EXS 222</td>
<td>Introduction to Medical Terminology and Drug Classifications</td>
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### Credits

- 30 credits

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*Note: The above information is for the 2018-2019 Catalog and is subject to change.*
### Year Two

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIO 269</td>
<td>Human Anatomy and Physiology II</td>
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<tr>
<td>PHY 140</td>
<td>General Physics II</td>
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<td>NTD 303</td>
<td>Introductory Principles Human Nutrition</td>
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<td>EXS 362</td>
<td>Biomechanics and Biomechanics Laboratory</td>
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<td>EXS 270</td>
<td>Motor Learning</td>
<td>3</td>
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<tr>
<td>EXS 380</td>
<td>Exercise Physiology and Exercise Physiology Lab</td>
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<tr>
<td>EXS 222</td>
<td>Introduction to Medical Terminology and Drug Classifications</td>
<td>2</td>
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### Year Three

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<td>General Chemistry I and Experimental General Chemistry I (LAB)</td>
<td>4</td>
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<td>EXS 375</td>
<td>Sport and Exercise Psychology</td>
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<td>EXS 381</td>
<td>Fitness Assessment - Exercise Prescription</td>
<td>3</td>
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<tr>
<td>EXS 482</td>
<td>Strength Training and Conditioning</td>
<td>4</td>
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<tr>
<td>EXS 484</td>
<td>Organization and Management of Adult Fitness Programs Clinic/Seminar</td>
<td>3</td>
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<tr>
<td>Electives</td>
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### Year Four

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<td>General Chemistry II and Experimental General Chemistry II (LAB)</td>
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<td>EXS 486</td>
<td>Exercise Prescription - Special Population</td>
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<td>EXS 489</td>
<td>Clinical Exercise Testing and Interpretation</td>
<td>3</td>
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<td>EXS 490</td>
<td>Internship</td>
<td>3</td>
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<tr>
<td><strong>Total Credits</strong></td>
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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.