

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

*College of Health Sciences*

## Curriculum

The Pre-Physical Therapy concentration in Exercise Science is designed to prepare students for entrance into a school of physical therapy. Physical therapy programs accept a limited number of students and are highly competitive. Students are encouraged to maintain a GPA of 3.0 or better in this concentration.

**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<sup>1</sup>

BIO 110	General Biology	3
BIO 259	Human Anatomy and Physiology I	4
BIO 269	Human Anatomy and Physiology II	4
CHE 103	General Chemistry I	3
CRL 103	Experimental General Chemistry I (LAB)	1
CHE 104	General Chemistry II	3
CRL 104	Experimental General Chemistry II (LAB)	1
EXS 222	Introduction to Medical Terminology and Drug Classifications	2
NTD 303	Introductory Principles Human Nutrition	3
PHY 130	General Physics I	4

PHY 140	General Physics II	4
<b>Electives</b>		
Select 3 credits		3
<b>Total Minimum Credits Required</b>		<b>120</b>

<sup>1</sup> Some courses also may count toward general education, so credits may vary.

## 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 110	General Biology	3
BIO 259	Human Anatomy and Physiology I	4
MAT 121	Introduction to Statistics I	3
PHY 130	General Physics I	4
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		7
		<b>Credits</b>
		<b>30</b>

<b>Year Two</b>		
BIO 269	Human Anatomy and Physiology II	4
PHY 140	General Physics 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
Electives		6
		<b>Credits</b>
		<b>30</b>

<b>Year Three</b>		
CHE 103	General Chemistry I	4
& CRL 103	and Experimental General Chemistry I (LAB)	
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		12
		<b>Credits</b>
		<b>30</b>

<b>Year Four</b>		
CHE 104	General Chemistry II	4
& CRL 104	and Experimental General Chemistry II (LAB)	
EXS 486	Exercise Prescription - Special Population	3
EXS 489	Clinical Exercise Testing and Prescription	4

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EXS 490	Internship I	3
	Electives	16
	Credits	30
	Total Credits	120

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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.