

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

College of Health Sciences

Curriculum

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

English Composition requirements	6
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
MAT 121 Introduction to Statistics I	
Public Speaking requirement	3
SPK 208 Public Speaking	3
or SPK 230 Business and Professional Speech Communication	
Science requirements	6
See Related Requirements under your concentration to fulfill these credits.	
Behavioral & Social Science requirements	6
PSY 100 Introduction to Psychology	
SOC 200 Introduction to Sociology	
or SOC 240 Sociology of the Family	
Humanities requirements	6
Arts requirement	3
Diverse Communities requirement	3
Interdisciplinary requirement	3
Writing Emphasis requirements	9
Major Requirements 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	4
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
EXS 490 Internship	3
Related/Cognate Requirements ¹	
BIO 259 Human Anatomy and Physiology I	4
BIO 269 Human Anatomy and Physiology II	4

NTD 303 Introductory Principles Human Nutrition 3

Concentration Requirements

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

Total Minimum Credits Required 120

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

Pre-Chiropractic Concentration

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

Related Requirements

²

BIO 110 General Biology	3
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
PHY 130 General Physics I	4
PHY 140 General Physics II	4
EXS 222 Introduction to Medical Terminology and Drug Classifications	2

Student Electives 2

Students must take electives to fulfill the 120 credit minimum.

² 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.

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.

Course	Title	Credits
Year One		
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
		Credits
		30
Year Two		
BIO 269	Human Anatomy and Physiology II	4
CHE 103	General Chemistry I	3
or CRL 103	or Experimental General Chemistry I (LAB) and Experimental General Chemistry II (LAB)	
and CRL 104		
NTD 303	Introductory Principles Human Nutrition	3
EXS 362	Biomechanics	4
& EXL 362	and Biomechanics Laboratory	
EXS 270	Motor Learning	3

EXS 380 & EXL 380	Exercise Physiology and Exercise Physiology Lab	4
EXS 222	Introduction to Medical Terminology and Drug Classifications	2
Electives		6
	Credits	29
Year Three		
CHE 231 or CRL 231 <i>and</i> CRL 232	Organic Chemistry I or Experimental Organic Chemistry I Lab <i>and</i> Experimental Organic Chemistry II Lab	4
PHY 140	General Physics II	4
EXS 375	Sport and Exercise Psychology	3
EXS 381	Fitness Assessment - Exercise Prescription	3
EXS 482	Strength Training and Conditioning	4
EXS 484	Organization and Management of Adult Fitness Programs Clinic/Seminar	3
Electives		6
	Credits	27
Year Four		
CHE 476 & CRL 476	Biochemistry I and Experimental Biochemistry I Lab	5
EXS 486	Exercise Prescription - Special Population	3
EXS 489	Clinical Exercise Testing and Interpretation	3
EXS 490	Internship	3
Electives		15
	Credits	29
	Total Credits	115

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.