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 skill assessments and treatments
4. Adaptive equipment recommendations and usage training
5. Guidance to family members and caregivers

Code | Title | Credits
--- | --- | ---

**GENERAL EDUCATION REQUIREMENTS** ([http://catalog.wcupa.edu/undergraduate/general-education-requirements/](http://catalog.wcupa.edu/undergraduate/general-education-requirements/))

**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 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 | 3-4

- MAT 121 Introduction to Statistics I

Interdisciplinary requirement | 3

Diverse Communities requirement | 3

Ethics requirement | 3

**Distributed Disciplinary Foundations**

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/](http://catalog.wcupa.edu/undergraduate/general-education-requirements/))

**University Requirements**

Writing Emphasis requirement | 9

Speaking Emphasis requirement | 9

- SPK 208 Public Speaking

**Degree Requirements**

Capstone requirement | 1-15

**MAJOR REQUIREMENTS**

**Core Courses**

<table>
<thead>
<tr>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>EXS 103</td>
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**Related/Cognate Requirements**

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**Capstone Requirement**

<table>
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<tr>
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<tr>
<td>EXS 490</td>
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</table>

**Concentration Requirements**

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

**Total Minimum Credits Required** | 120

**Pre-Occupational Therapy Concentration**

Students graduating in the pre-occupational therapy concentration are prepared for entrance into a school of occupational therapy. Occupational therapy programs accept a limited number of students and are highly competitive - the student is encouraged to maintain a GPA of 3.3 or better while in this concentration.

**Code** | **Title** | **Credits**
--- | --- | ---
| or SPK 230 | Business and Professional Speech Communication |

**Degree Requirements**

Capstone requirement | 1-15

**MAJOR REQUIREMENTS**

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**Code** | **Title** | **Credits**
--- | --- | ---
| or SPK 230 | Business and Professional Speech Communication |
CRL 107  General Chemistry Lab for Allied Health Sciences   1
or CRL 103  General Chemistry I Lab

PHY 100  Elements of Physical Science   3

EXS 222  Introduction to Medical Terminology and Drug Classifications   2

PSY 210  Developmental Psychology: Lifespan   3

PSY 375  Abnormal Psychology   3

**Student Electives**

Students must take electives to fulfill the 120 credit hour minimum.

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

2 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/).

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.

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<tr>
<th>Course</th>
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<tr>
<td><strong>Fall</strong></td>
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<tr>
<td>EXS 103</td>
<td>Fundamentals of Group Exercise and Resistance Training</td>
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<tr>
<td>or EXS 180</td>
<td>or Lifetime Fitness Concepts</td>
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<tr>
<td>BIO 100</td>
<td>Basic Biological Science</td>
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<td>or SOC 240</td>
<td>or Sociology of the Family</td>
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<td>PSY 210</td>
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<tr>
<td>EXS 362</td>
<td>Biomechanics &amp; EXL 362</td>
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<td>or PSY 210</td>
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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.