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

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

Degree Requirements
Capstone requirement 1-15

MAJOR REQUIREMENTS
Core Courses 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 3
- EXL 482 Strength Training and Conditioning Laboratory 1
- 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

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

Capstone Requirement
- EXS 490 Internship (internship under the direction of a licensed OT) 1,2 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

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
- EXS 223 Kinetic Anatomy 2
- EXS 270 Motor Learning 3
- CHE 107 General Chemistry for Allied Health Sciences 4
- or CHE 103 General Chemistry I 4

Related Requirements 1
- CHE 107 General Chemistry for Allied Health Sciences 4
- or CHE 103 General Chemistry I 4
- or SPK 230 Business and Professional Speech Communication 3

Code Title Credits
- 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 3
- EXL 482 Strength Training and Conditioning Laboratory 1
- 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

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

Capstone Requirement
- EXS 490 Internship (internship under the direction of a licensed OT) 1,2 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

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
- CHE 107 General Chemistry for Allied Health Sciences 4
- or CHE 103 General Chemistry I 4

Related Requirements 1
- CHE 107 General Chemistry for Allied Health Sciences 4
- or CHE 103 General Chemistry I 4
- or SPK 230 Business and Professional Speech Communication 3

Code Title Credits
CRL 107 General Chemistry Lab for Allied Health Sciences 1  
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. 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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXS 103 or EXS 180</td>
<td>Fundamentals of Group Exercise and Resistance Training or Lifetime Fitness Concepts</td>
<td>3</td>
</tr>
<tr>
<td>BIO 100 or SOC 240</td>
<td>Basic Biological Science or Sociology of the Family</td>
<td>3</td>
</tr>
<tr>
<td>WRT 120 or WRT 123</td>
<td>Effective Writing I or Effective Writing with Supplemental Writing Workshop</td>
<td>3-4</td>
</tr>
<tr>
<td>FYE 100X</td>
<td>First Year Experience</td>
<td>4</td>
</tr>
</tbody>
</table>

**Year One**  
**Fall**  
EXS 103 or EXS 180  
BIO 100  
SOC 100 or SOC 240  
WRT 120 or WRT 123  
FYE 100X  

**Spring**  
EXS 222 or EXS 210  
BIO 259 or BIO 269  
MAT 121 or PSY 100  
WRT 2XX or WRT 240  

**Credits**  
16-17

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 100 or BIO 180</td>
<td>Basic Biological Science or Fundamentals of Group Exercise and Resistance Training</td>
<td>3</td>
</tr>
<tr>
<td>BIO 259 or BIO 269</td>
<td>Human Anatomy and Physiology I or II</td>
<td>4</td>
</tr>
<tr>
<td>MAT 121</td>
<td>Introduction to Statistics</td>
<td>3</td>
</tr>
<tr>
<td>PSY 100</td>
<td>Introduction to Psychology</td>
<td>3</td>
</tr>
<tr>
<td>WRT 2XX</td>
<td>200-Level WRT Course</td>
<td>3</td>
</tr>
</tbody>
</table>

**Year Two**  
**Fall**  
EXS 222 or EXS 280  
BIO 259 or BIO 269  
PSY 210 or PSY 375  

**Credits**  
16

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXS 362 &amp; EXL 362</td>
<td>Biomechanics and Biomechanics Laboratory</td>
<td>4</td>
</tr>
<tr>
<td>EXS 380 &amp; EXL 380</td>
<td>Exercise Physiology and Exercise Physiology Lab</td>
<td>4</td>
</tr>
<tr>
<td>CHE 107 &amp; CRL 107</td>
<td>General Chemistry for Allied Health and Sciences and General Chemistry Lab for Allied Health Sciences</td>
<td>5</td>
</tr>
</tbody>
</table>

**Year Three**  
**Fall**  
EXS 362 or EXL 362  
EXS 380 or EXL 380  
CHE 107 or CHE 107  

**Credits**  
16

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXS 482</td>
<td>Strength Training and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>EXS 484</td>
<td>Organization and Management of Adult Fitness Programs Clinic/Seminar</td>
<td>3</td>
</tr>
<tr>
<td>EXS 486</td>
<td>Exercise Prescription - Special Population</td>
<td>3</td>
</tr>
</tbody>
</table>

**Year Four**  
**Fall**  
EXS 489 or EXS 489  
EXS 490 | Internship | 3 |

**Credits**  
15

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHE 107</td>
<td>General Chemistry for Allied Health and Sciences</td>
<td>5</td>
</tr>
</tbody>
</table>

**Spring**  
EXS 489 or EXS 489  
EXS 490 | Internship | 3 |

**Credits**  
16

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHE 107</td>
<td>General Chemistry for Allied Health</td>
<td>5</td>
</tr>
</tbody>
</table>

**Total Credits**  
128-129
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.