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

College of Health Sciences

Curriculum

GENERAL EDUCATION REQUIREMENTS (http://catalog.wcupa.edu/undergraduate/general-education-requirements/) Academic Foundations First Year Experience requirement	Code	Title	Credits
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	EXS 280		1
EXL 362 Biomechanics Laboratory 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 Re	equirements 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 Requirem	ent	
EXS 490	Internship (internship under the direction of a licensed OT) ^{1,2}	3
Concentration Requ	uirements	
	he required courses in their th the 120 credits required for	3
Total Minimum Cre	edits Required	120

Pre-Physical Therapy Concentration

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.

Code	Title	Credits
Related Require	ments ¹	
BIO 110	General Biology I	4
CHE 103	General Chemistry I	3
CRL 103	General Chemistry I Lab	1
CHE 104	General Chemistry II	3
CRL 104	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 Elective	es	
Students must ta	ke electives to fulfill the 120 credit	2

¹ 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.

² This course fulfills the Capstone requirement.

minimum.

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.

Course Year One	Title	Credits
Fall		
EXS 103 or	Fundamentals of Group Exercise and Resistance Training	3
EXS 180	or Lifetime Fitness Concepts	
BIO 110	General Biology I	4
SOC 100 or SOC 240	Introduction to Sociology or Sociology of the Family	3
WRT 120 or WRT 123	Effective Writing I or Effective Writing with Supplemental Writing Workshop	3-4
FYE 100X	First Year Experience	4
	Credits	17-18
Spring		
exs 180 or exs 103	Lifetime Fitness Concepts or Fundamentals of Group Exercise and Resistance Training	3
BIO 259	Human Anatomy and Physiology I	4
MAT 121	Introduction to Statistics I	3
PSY 100	Introduction to Psychology	3
WRT 2XX	200-Level WRT Course	3
	Credits	16
Year Two Fall		
EXS 223 & EXS 280 or	Kinetic Anatomy or Motor Learning	3
EXS 270		
BIO 269	Human Anatomy and Physiology II	4
NTD 303	Introductory Principles Human Nutrition	3
Gen Ed Cour	.50	3
Gen Ed Cour	Credits	3 16
Spring	Credits	10
EXS 270 or EXS 223 and EXS 280	Motor Learning or Kinetic Anatomy <i>and</i> The Exercise Science Profession	3
EXS 380 & EXL 380	Exercise Physiology and Exercise Physiology Lab	4
PHY 130	General Physics I	4
Gen Ed Cour	1	3
Gen Ed Cour		3
	Credits	17
Year Three Fall		
EXS 222	Introduction to Medical Terminology and Drug Classifications	2

EXS 362 & EXL 362	Biomechanics and Biomechanics Laboratory	4
EXS 375	Sport and Exercise Psychology	3
EXS 381 & EXL 381	Fitness Assessment - Exercise Prescription	4
	and Fitness Assessment - Exercise Prescription Lab	
PHY 140	General Physics II	4
	Credits	17
Spring		
EXS 482	Strength Training and Conditioning	3
CHE 103 & CRL 103	General Chemistry I and General Chemistry I Lab	4
BIO XXX	Biology Elective	4
Gen Ed Cou	rse ¹	3
Gen Ed Cou	rse ¹	3
	Credits	17
Year Four Fall		
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	4
& EXL 489	Interpretation and Clinical Exercise Testing and Interpretation Laboratory	
CHE 104 & CRL 104	General Chemistry II and General Chemistry II Lab	4
Gen Ed Cou	rse ¹	3
	Credits	17
Spring		
EXS 490	Internship	3
Gen Ed Cou	rse ¹	3
Gen Ed Course ¹		3
Gen Ed Course ¹		3
	Gen Ed Course ¹	
Gen Ed Cou	rse ¹	3
	Credits	18
	Total Credits	135-136

¹ 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.