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

College of Health Sciences

Curriculum

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GENERAL EDUCATION REQUIREMENTS (<a href="http://catalog.wcupa.edu/undergraduate/general-education-requirements/">http://catalog.wcupa.edu/undergraduate/general-education-requirements/</a>)</td>
<td></td>
</tr>
</tbody>
</table>

**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/)**

**University Requirements**
- Writing Emphasis requirement | 9
- Speaking Emphasis requirement | 9
  - SPK 208 Public Speaking
  - or SPK 230 Business and Professional Speech Communication

**Degree Requirements**
- Capstone requirement | 1-15

**MAJOR REQUIREMENTS**

**Core Courses**
- 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**
- 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-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
--- | --- | ---
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 Electives**
Students must take electives to fulfill the 120 credit minimum.

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.
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/dreddeprogressreport/).

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

**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.