



# UNIVERSITY OF SAINT JOSEPH

## Exercise Science

<b>FALL</b>	1 <sup>st</sup> Semester: _____	<b>14</b>	<b>SPRING</b>	2 <sup>nd</sup> Semester: _____	<b>16</b>
	BIOL 114 Introduction to Cellular Biology	4		BIOL 241 Anatomy & Physiology I	4
	CHEM 175 Fund/Chemical Principles I (Pre-Req: MATH 160)	4		CHEM 176 Fundamental Chemical Principles II	4
	INTD 100 First Year Seminar I	3		INTD 116 First Year Seminar II	1
	ENGL 104 or ENGL 110 (Honors)	3		MATH 110 Elementary Statistics	3
				PSYC 100 Intro to Psychology	3
				EXSC 100 Surveys of Careers in Ex Science	1
<b>FALL</b>	3 <sup>rd</sup> Semester: _____	<b>16</b>	<b>SPRING</b>	4 <sup>th</sup> Semester: _____	<b>15</b>
	BIOL 242 Anatomy & Physiology II	4		NUTR 202/SPST 202 Exercise Physiology	3
	PSYC 238 Human Development Through Lifespan	3		SPST 200 Athletic Injury Care & Prevention	3
	NUTR 245 Health Promotion Strategies	3		NUTR 220 Fundamentals of Nutrition	3
	RELS 125	3		CORE/Elective	3
CORE	3			PHIL 110 or PHIL 120	3
<b>FALL</b>	5 <sup>th</sup> Semester: _____	<b>15</b>	<b>SPRING</b>	6 <sup>th</sup> Semester: _____	<b>15</b>
	EXSC 310 Clinical Kinesiology & Biomechanics	3		EXSC 340 Strength & Conditioning Health/Performance	3
	EXSC 325 Motor Control & Learning	3		INTD 301 Mercy Integrative Seminar	3
	NUTR 236 Sports Nutrition	3		EXSC 425 Exercise Program Design and Management	3
	RELS 301 Moral Issues in Health Care	3		CORE:	3
CORE:	3			CORE:	3
<b>FALL</b>	7 <sup>th</sup> Semester: _____	<b>16</b>	<b>SPRING</b>	8 <sup>th</sup> Semester: _____	<b>15</b>
	EXSC 405 Exercise Testing & Prescription	4		EXSC 410 Clinical Exercise Physiology	3
	EXSC 475 Internship in Exercise Science I	2		EXSC 485 Internship in Exercise Science II	2
	Elective: PHYS 130 - Introductory Physics I (Pre Req: MATH 170)	4		Elective: PHYS 140—Intro to Physics II	4
	CORE/Elective:	3		CORE/Elective:	3
CORE/Elective:	3			CORE/Elective:	3
				3	

Students that will be applying to PT school or other graduate programs may need additional courses in the Bachelor's degree. Confer with Academic Advising to ensure that course selection aligns with future professional plans.

The department also recommends (not required) the following courses:

BIOL 117 - Introduction to Evolution and Kingdoms (4 Credits), PHYS 130 - Introductory Physics I (4 Credits)

PHYS 140 - Introductory Physics II (4 Credits), NUTR305- Health Coaching (3 Credits)

RELS 301 - Moral Issues in Health Care: A Christ Perspective (3 Credits), SPAN 154 - Spanish for Health Professionals (3 Credits)

NOTE: This is an unofficial worksheet and is subject to change. Responsibility to register for the necessary courses in the proper sequence to meet the requirements of one's academic program rests with the student. Please consult your Academic Advisor, Faculty/Major/Department Advisor, and USJ catalog for the most up-to-date degree requirements.