

Department of Exercise Science and Pre Health Professions - Personal Training and Strength and Conditioning

Name:

CATEGORY	COURSE	HRS.	SEM/YR.	CATEGORY	COURSE	HRS.	SEM/YR.
RSP COURSE -	RSP 101	1		EXERCISE SCIENCE PRIMARY REQUIREMENTS - 46 HOURS			
FOUNDATIONS							
CONTEMPORARY COMPOSITION	ENG 150 TO 159	3		FIRST AID	EXS 125	2	
CHRISTIAN TRADITION	THL 110 TO 119	3		WEIGHT TRAINING AND PROGRAM DESIGN	EXS 142	1	
CRITICAL ISSUES IN HUMAN INQUIRY	XXX 170 TO 179, SWK 261	3		AEROBIC CONDITIONING AND GROUP FITNESS	EXS 144	2	
MATHEMATICAL REASONING	MTH 205 - 2, 231 (pre health) - 3 and 245 - 4	2, 3, 4		INTRODUCTION TO ATHLETIC TRAINING	EXS 195	3	Not Required
ORAL COMMUNICATION	COM 101	1		FOUNDATIONS OF FITNESS AND WELLNESS	EXS 240	3	
PHILOSOPHICAL IDEAS	PHL 110 TO 119	3		HUMAN PHYSIOLOGY	EXS 320	4	
EXPLORATIONS				HUMAN ANATOMY	EXS 331	4	
THE BIBLICAL TRADITION	THL 215 TO 244	3		BIOMECHANICS	EXS 334	4	
ETHICS	PHL / THL 270 TO 279	3		EXERCISE PHYSIOLOGY	EXS 335	4	
GLOBAL PERSPECTIVES IN HISTORY	CNE / HIS 270 TO 289	3		NUTRITION FOR SPORTS PERFORMANCE	EXS 350	3	
LITERATURE	CNE / ENG / MLL 220 TO 239, GER 2000, SPN 425, 426	3		CAREER PREPARATION AND PLANNING	EXS 391	3	
UNDERSTANDING NATURAL SCIENCE	BIO 201 CSC 121 ERG 157, 213, 221 NSC 111 PHY 105, 157, 187, 201, 213, 221, CHM 111, ATS 105	2		EXERCISE PRESCRIPTION	EXS 401	3	
UNDERSTANDING SOCIAL SCIENCE	ANT 111, 112, 113 COM 211, PLS 101, 105, 121 PSY 201, SOC 101, SWK 275, AMS 121	3		BASIC STATISTICS & RESEARCH DESIGN	EXS 407	3	
FINE ARTS	ARH 210, 211 ART 105, 153, 155, 156, 247, 271 DAN 101, 221, 231, 241 ENG 130 MUS 212, 218, 220, 271, 313 THR 131, 154, 161, 215	3		LABORATORY METHODS & PROCEDURES	EXS 489	4	
FOREIGN LANGUAGE	XXX 112 (take placement exam, only need to take through 112, regardless of HS)	4		EXERCISE SCIENCE INTERNSHIP	EXS 492	1 TO 4	
INTEGRATIONS				SUPPORT COURSE WORK - 8 HOURS			
DOING NATURAL SCIENCE	ATS 113/114, PHY 109/110, PHY 202/206, PHY 214, BIO 202/206, ERG 221	4		GEN BIO I OR II (BIO 201/05 or 202/06) (C or better)	2XX / 2XX	4	
DOING SOCIAL SCIENCE	COM 320, 459, 360, 361, 440, 442, 472, 474, PLS 322, 325, 332, SPN 415	3		GEN CHEMISTRY I OR II (C OR BETTER)	2XX / 2XX	4	
ULTIMATE QUESTIONS		3					
INTERSECTIONS	PRE REQ: SENIOR STANDING	3					
DESIGNATED COURSES	FULFILLED BY MAJOR/DEPARTMENT			PERSONAL TRAINING / STRENGTH & CONDITIONING SUGGESTED COURSES			
ETHICS				ESSENTIALS OF STRENGTH AND CONDITIONING	EXS 420	3	
ORAL COMMUNICATION	PRE REQ: ORAL COMMUNICATION			PRINCIPLES OF ACCOUNTING	ACC 201	3	
STATISTICS	PRE REQ: MATHEMATICAL REASONING						
TECHNOLOGY							
WRITING COMPOSITION	PRE REQ: CONTEMPORARY COMPOSITION						
<p>EXS MAJOR ADMISSION REQUIREMENTS: GPA >2.75</p> <p>"C" OR BETTER IN BIO 201/05 OR 202/06 AND CHM 203/204 OR 205/206</p> <p>BIO 201/05 FORMERLY BIO 212; BIO 202/06 FORMERLY BIO 211</p>							
<p>TOTAL HOURS FOR GRADUATION IS 128</p> <p>IT IS THE STUDENT'S RESPONSIBILITY TO VERIFY ALL PREREQUISITES WITH THE ADMISSIONS OFFICE OF THE RESPECTIVE SCHOOL(S) TO WHICH THEY APPLY</p>							