

West Chester University
B.S. in Exercise Science
Specialist (ESS) Degree
through the Honors
College Advisement Sheet

Effective for students entering Fall '19 and later.

Indicate all the courses you have taken at WCU or transferred for credit. For completed courses, also list the grades. Mark an asterisk () beside courses you are currently taking.*

The grade of C- or better is necessary in all required science, math and EXS courses above the 300 level. Maintenance of CPR and first aid certification required.

I. EXERCISE SCIENCE CORE (44 - 46 s.h.) NOTE: All labs are 1 credit, all classes are 3 credits unless noted.

- EXS 103 ____ (Group Ex/Resistance) 3
- EXS 180 ____ (Lifetime Fitness) 3
- EXS 270 ____ (Motor Learning) 3
- EXS 223 ____ (Kinetic Anatomy)* 2
- EXS 280 ____ (EXS Profession) **1
- EXS 362 ____ (Biomechanics)**3
- EXL 362 ____ (Biomechanics Lab)1
- EXS 375 ____ (Exercise Psychology) ^3
- EXS 380 ____ (Exercise Physiology) ^^3
- EXL 380 ____ (Ex. Phys. Lab)1
- EXS 381 ____ (Fitness Assess.)+ 3
- EXL 381 ____ (Fitness Assess Lab) +1
- EXS 482 ____ (Phys. Conditioning)++3
- EXL 482 ____ (Phys. Condition Lab)++1
- EXS 484 ____ (Adult Fitness) # 3
- EXS 486 ____ (Special Population) # 3
- EXS 489 ____ (Clinical Testing & Interpretation) # 3
- EXL 489 ____ (CTI - Lab) #1
- EXS 490 ____ (Internship) \$ 3-6

NOTES - Any EXS/EXL courses with the same number must be taken concurrently (362, 380, 381, 482 & 489). The following prerequisites relate to the accompanying symbol:

- * - BIO 259
- ** - EXS 180
- *** - PHY 100/130 & EXS 223
- ^ - EXS 270 & PSY 100
- ^^ - BIO 269 & EXS 180
- + - EXS/EXL 380
- ++ - EXS/EXL 362 & EXS/EXL 380

- EXS/EXL 381

\$ - Take last semester before graduation. Departmental permission and supervised by licensed PT. May not be repeated for credit.

II. RELATED REQUIREMENTS – Select from one of four concentrations:

A. Exercise Science Specialist.

[Ex Sci Spec] (30-31 s.h.)

- BIO100 or 110 ____ (Biology) 3
- BIO 259 ____ (Anatomy I) 4
- BIO 269 ____ (Anatomy II) 4
- CHE107 ____ (Allied Health Chem.)5
- CRL107 ____ (Allied Chem. Lab)
- MAT121 ____ (Statistics) 3
- NTD303 ____ (Nutrition) 3
- PHY100 ____ (Physical Science) 3
- PSY 100 ____ (Psychology) 3
- SMD 271 or 204 ____ (First Aid) 2 or 3

B. Pre-Occupational Therapy

[Pre-OT] (36 s.h.)

- BIO100 or 110 ____ (Biology) 3
- BIO 259 ____ (Anatomy I) 4
- BIO 269 ____ (Anatomy II) 4
- CHE107 ____ (Allied Health Chem.)5
- CRL107 ____ (Allied Chem. Lab)
- EXS222 ____ (Med Terminology) 2
- MAT121 ____ (Statistics) 3
- NTD303 ____ (Nutrition) 3
- PHY100 ____ (Physical Science) 3
- PSY 100 ____ (Psychology) 3
- PSY 210 ____ (Developmental PSY) 3
- PSY 375 ____ (Abnormal PSY) 3

C. Pre-Physical Therapy - [Pre-PT] (41-42 s.h.)

- BIO110 ____ (Gen. Biology) 3
- BIO 259 ____ (Anatomy I) 4
- BIO 269 ____ (Anatomy II) 4
- BIO ____ (Elective BIO class)
- CHE103 ____ (Gen. Chem. I) 4
- CRL103 ____ (Gen. Chem. I -Lab)
- CHE104 ____ (Gen. Chem. II) 4
- CRL104 ____ (Gen. Chem. II – Lab)
- EXS222 ____ (Med Terminology) 2
- MAT121 ____ (Statistics) 3
- NTD303 ____ (Nutrition) 3
- PHY130 ____ (Gen. Physics I) 4
- PHY140 ____ (Gen. Physics II) 4
- PSY 100 ____ (Psychology) 3

D. Pre-Chiropractic [Pre Chiro] (55 s.h.)

- BIO110 ____ (Gen. Biology) 3
 - BIO 259 ____ (Anatomy I) 4
 - BIO 269 ____ (Anatomy II) 4
 - CHE103 ____ (Gen. Chem. I) 4
 - CRL103 ____ (Gen. Chem. I -Lab)
 - CHE104 ____ (Gen. Chem. II) 4
 - CRL104 ____ (Gen. Chem. II – Lab)
 - CHE231 ____ (Organic I) 4*
 - CRL231 ____ (Organic I – Lab)2*
 - CHE232 ____ (Organic II) 4*
 - CRL232 ____ (Organic II – Lab)2*
 - CHE476 ____ (Biochemistry) 3*
 - CRL476 ____ (Biochemistry Lab) 2*
 - EXS222 ____ (Med Terminology) 2
 - MAT121 ____ (Statistics) 3
 - NTD303 ____ (Nutrition) 3
 - PHY130 ____ (Gen. Physics I) 4
 - PHY140 ____ (Gen. Physics II) 4
 - PSY 100 ____ (Psychology) 3
- *(NOTE: not required at all grad programs)

III. HONORS COLLEGE CORE SEQUENCE for GEN ED (27 s.h.)

- HON 100 ____ (Self Awareness)
 - HON 211 ____ (Public Discourse)
 - HON 212 ____ (Ethics & Technology)
 - HON 310 ____ (Community Change)
 - HON 311 ____ (Stewardship & Civic Responsibility)
 - HON 312 ____ (Educational Systems)
- or**
- HON 322 ____ (Leading Change ELL)
 - HON 313 ____ (Public Opinion)
 - HON 314 ____ (Environ. Systems)
 - HON 315 ____ (Community & Arts)
 - MAT ____ _x____*
 - SCI ____ _x____*
- *(NOTE: Fulfilled from major requirements).

IV. ADDITIONAL HONORS COLLEGE REQUIREMENTS (9 s.h.)

- A) Two HON seminars at the 320 level or above (except 322)
HON ____ ____
HON ____ ____
- B) Capstone Project*
HON 490 ____

NOTE: *Enrollment upon core completion: ideally 6th or 7th semester.

V. DIRECTED ELECTIVES

Take enough directed electives to complete 120 credits. The actual number of electives required will vary.

Students should actively consult pre-requisite requirement for various professional schools of interest. Where possible, students should consider using any elective hours towards a minor.

<u>Course</u>	<u>Grade</u>
_____	_____
_____	_____
_____	_____

NOTE: Recommended: take one of the national certification exams: a) Am. College of Sports Medicine (ACSM) **or** b) Nat'l. Strength and Conditioning Assoc. (NSCA) during senior year; awarded upon degree completion.

Bring this sheet with you whenever you meet with your advisor about scheduling or course planning!

(Revised May 2020)