

SACRED HEART UNIVERSITY
College of Health Professions
Exercise Science Major (Fall 2018 & Later)

Undergraduate Major in Exercise Science with MS in Athletic Training requirements

SUGGESTED THREE YEAR SEQUENCE OF STUDY

Total Credits: 121

YEAR 1	SEMESTER I (16 credits)	YEAR 1	SEMESTER 2 (17 credits)	YEAR 1	WINTER - SHU ONLINE (3 credits)
FYXX 125 or	First Year Seminar	FYXX 125 or	First Year Seminar or	LAE or Foundational Core 4	
CTL 125	Critical Thinking	CTL 125	Critical Thinking		
BI 111/113	Concepts in Biology I with Lab	BI 112/114	Concepts in Biology II with Lab	YEAR 1 SUMMER (8 credits)	
EX 100 or	Introduction to Exercise Science	EX 100 or	Introduction to Exercise Science	BI 206/208	Human Anatomy & Physiology I with Lab
PS 110	General Psychology	PS 110	General Psychology	BI 207/209	Human Anatomy & Physiology II with Lab
	Foundational Core 1	MA 140	Precalculus		
	Foundational Core 2		Foundational Core 3		
YEAR 2	SEMESTER I (17 credits)	YEAR 2	SEMESTER 2 (18 credits)	YEAR 2	WINTER - SHU ONLINE (3 credits)
CIT 201	CIT Seminar 1	CIT 202	CIT Seminar 2	LAE or Foundational Core 4	
MA 131	Elementary Statistics	EX 260	Kinesiology w/ Lab		
EX 240	Sports Medicine in Exercise Science w/ Lab	EX 250	Exercise Physiology w/ Lab	YEAR 2 SUMMER (6 credits)	
	Free Elective	EX 290	Behavioral Aspects of Ex. Science	Free Elective	
PY 104	Elements of Physics I w/ Lab	PS 295	Health Psychology	Free Elective	
		EX 201	Leadership in Healthcare		
YEAR 3	SEMESTER I (17 credits)	YEAR 3	SEMESTER 2 (16 credits)		
EX 362	Exercise Testing & Rx w/ Lab	EX 363	Dev. Strength & Condition. Programs w/ Lab		
	EX Elective 1	EX 397	Practical Applications of EX Sci.		
	EX Elective 2		EX Elective 3		
CH 117/119	Gen. Org/Bio Chem w/ Lab	EX 255	Nutr. Aspects of Health/Performance		
	Foundational Core 5		Free Elective		

Updated 9/18/18

Transfer Credit: Credit is awarded from regionally accredited colleges and universities offerings. SHU reserves the right to examine selected courses to determine whether for courses that carry grades of C or better and that parallel Sacred Heart University (SHU) or not their content and quality fit the University's purpose and goals. SHU will accept a maximum of 66 credits from 2-year schools and 90 credits from 4-year institutions. For those students who come in with at least 60 credits from a regionally accredited 2-or 4-year institution, the standard SHU Core Curriculum will be waived. However, in order to earn a Bachelor's degree from Sacred Heart University, students will need (1) CIT 202 and (2) at least 40 credits (including transfer credits) in general education: humanities, social/behavioral sciences, math, natural sciences, and/or computer science. Students should review their major checksheet and degree evaluations after transfer credits are posted to their SHU transcript.