



Sacred Heart
UNIVERSITY

COLLEGE OF HEALTH PROFESSIONS

Exercise Science Major (Fall 2020 & Later) Undergraduate Major in Exercise Science with Pre-Physical Therapy (DPT) Requirements

Suggested Three Year Sequence of Study

Total Credits: 121

Year 1

Semester 1 (16 credits)

Course Number	Course Title
FYXXX 125 or	First Year Seminar
CTL 125	Critical Thinking
BI 111/113	Concepts in Biology I with Lab
EX 100 or	Intro to Exercise Science
PS 100	General Psychology
	Foundational Core 1
	Foundational Core 2

Semester 2 (17 credits)

Course Number	Course Title
FYXX 15 or	First Year Seminar
CTL 125	Critical Thinking
BI 112/114	Concepts in Biology II with Lab
EX 100 or	Intro to Exercise Science
PS 100	General Psychology
MA 140	Precalculus
	Foundational Core 3

Winter or Late Spring – SHU Online (3 credits)

Course Title
LAE Humanistic Inquiry or Foundational Core 4

Summer (8 credits)

Course Number	Course Title
BI 206/208	Human Anatomy & Physiology I with Lab
BI 207/209	Human Anatomy & Physiology II with Lab

Year 2

Semester 1 (18 credits)

Course Number	Course Title
CIT 201	CIT Seminar 1
MA 131	Elementary Statistics
EX 240	Sports Medicine in Exercise Science with Lab
EX 250	Exercise Physiology with Lab
PY 111/113	General Physics I with Lab

Semester 2 (17 credits)

Course Number	Course Title
CIT 202	CIT Seminar 2
EX 260	Kinesiology with Lab
PY 112/114	General Physics II with Lab
EX 290	Behavioral Aspects of Exercise Science
PS 295	Health Psychology
EX 101 or	Intro to Personal Fitness & Conditioning
EX 201	Leadership in Healthcare

Winter or Late Spring – SHU Online (3 credits) *Year 2 or 3*

Course Number	Course Title
EX 255 or	Nutritional Aspects of Human & Perf.
EX Elective 200 Level	

Summer (8 credits)

Course Number	Course Title
CH 151/153	General Chemistry I with Lab
CH 152/154	General Chemistry II with Lab

Year 3

Semester I (15 credits)

Course Number	Course Title
EX 362	Exercise Testing & Prescription with Lab
EX 363	Dev. Strength & Conditions Programs with Lab
EX 255 or	Nutritional Aspects of Human Health & Perf.
EX Elective 200 Level	
EX Elective 200 Level	
EX 101 or	Intro to Personal Fitness & Conditioning
EX 201	Leadership in Healthcare

Semester 2 (15 credits)

Course Number	Course Title
EX Elective 300 Level or Free Elective	
EX 366 or	Clinical Rotations
EX 367 or	Internships in Exercise Science
EX 397 or	Practical Application of Exercise Science
EX 398	Independent Research in Exercise Science
	LAE Humanistic Inquiry
	Foundational Core 4
	Foundational Core 5
	Free Elective

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.