



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

Semester 2 (17 credits)

Course Number	Course Title
<b>FYXX 15 or</b>	First Year Seminar
<b>CTL 125</b>	Critical Thinking
<b>BI 112/114</b>	Concepts in Biology II with Lab
<b>EX 100 or</b>	Intro to Exercise Science
<b>PS 100</b>	General Psychology
<b>MA 140</b>	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
<b>BI 206/208</b>	Human Anatomy & Physiology I with Lab
<b>BI 207/209</b>	Human Anatomy & Physiology II with Lab

## Year 2

Semester 1 (18 credits)

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

Semester 2 (17 credits)

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

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

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

Summer (8 credits)

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

## Year 3

### Semester I (15 credits)

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

### Semester 2 (15 credits)

Course Number	Course Title
<b>EX Elective 300 Level or Free Elective</b>	
<b>EX 366 or</b> <b>EX 367 or</b>	Clinical Rotations Internships in Exercise Science
<b>EX 397 or</b> <b>EX 398</b>	Practical Application of Exercise Science 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.