

B.S. Exercise Science (Fall 2018 & Later)

Minimum 120 credits required for Bachelor's degree

| Foundational Core (30-32) | | Grade |
|---------------------------------------|-------------------------------|-------|
| FYXX 125 ¹ | First Year Seminar | |
| CTL 125 | Critical Thinking | |
| MA _____ | Foundational Core Math course | |
| Choose 1 course from each area * | | |
| ² Natural/Physical Science | | |
| Literature | | |
| History | HI-100 or HI-102 | |
| Arts/Design/Comm. | | |
| Philosophy | | |
| Theology/Relig | | |
| Social/Behavioral Science | | |

Human Journey Seminars: Great Books in CIT (6 Credits)

| | | |
|---------|----------------|--|
| CIT 201 | CIT Seminar I | |
| CIT 202 | CIT Seminar II | |

Liberal Arts Explorations (LAE) (9 Credits Total)

Student must complete one course in each area. (see list on Registrar's Website - checksheets)

| | | |
|---|--|--|
| Humanistic Inquiry (3 credits) | | |
| | | |
| Social and Global Awareness (3 credits) | | |
| PS 295 | | |
| Scientific Literacy (3 credits) | | |
| MA 131 | | |

* See list of courses.

¹(Requires Grade C or higher)

²Science/Natural Science courses includes

approved Math and Computer Science courses. Students are required to take at least one course in Biology, Chemistry, or Physics in the Foundational or Liberal Arts Exploration Core.

CS and MA courses may be used as a Science/Natural Science in either the Foundational Core **or** as a requirement in the LAE Core but not in both categories.

Note: MA 006 and ESL courses **will not** count towards the 120 credit graduation requirement.

Approved Study Abroad courses may be used to satisfy requirements for the foundational core or a Liberal Arts Exploration

A maximum of 8 Applied Music credits may be applied towards graduation

| Required Curriculum for EX Majors ¹ (33 Credits) | | Grade |
|---|---|-------|
| EX 100 | Introduction to Exercise Science | |
| EX 201 | Leadership In Healthcare | |
| EX 240 | Sports Medicine in Exercise Science w/ Lab | |
| EX 250 | Exercise Physiology w/ Lab | |
| EX 255 | Nutritional Aspects of Human Health & Perf. | |
| EX 260 | Kinesiology w/ Lab | |
| EX 290 | Behavioral Aspects of Exercise Science | |
| EX 362 | Exercise Testing and Rx w/ Lab | |
| EX 363 | Dev. Strength & Condition. Programs w/ Lab | |
| EX 397 | Practical Applications of Exercise Science | |

| Exercise Science Electives ¹ (9 Credits) | | Grade |
|---|---|-------|
| EX 253 | Pathophysiology & Pharmacology | |
| EX 270 | Neural Control of Human Movement | |
| EX 299 | Special Topics in Exercise Science | |
| EX 320 | Pediatric Exercise Science | |
| EX 358 | Exercise and Aging | |
| | | |
| EX 361 | Functional Gait Analysis | |
| EX 365 | Clinical Exercise Science | |
| EX 366 | Clinical Rotations | |
| EX 367 | Internships in Exercise Science | |
| EX 390 | Planning & Evaluation for PA & Nutrition Programs | |
| EX 398 | Independent Research in Exercise Science | |

| Required Supporting Courses ¹ (24 additional credits) | | Grade |
|--|---|-------|
| MA 140 | Precalculus | 4 |
| MA 131 | Elementary Statistics | |
| CH 117/119 | Gen. Organic Chemistry & Biochemistry with Lab or | 4 |
| or CH 151/153 | General Chemistry I with Lab | |
| PY 104 | Elements of Physics or | 4 |
| or PY 111/113 | General Physics I w/ Lab | |
| BI 111/113 | Concepts in Biology I w/ Lab | |
| BI 112/114 | Concepts in Biology II w/ Lab | 4 |
| BI 206/208 | Human Anatomy & Physiology I w/ Lab | 4 |
| BI 207/209 | Human Anatomy & Physiology II w/ Lab | 4 |
| PS 110 | General Psychology | |
| PS 295 | Health Psychology | |

| General Electives (12 credits) | | Grade |
|--------------------------------|--|-------|
| Free Elective | | |
| Free Elective | | |
| Free Elective | | |
| Free Elective | | |

Total Credits 121

| Checksheets Key | |
|-----------------|--|
| T | Course transferred and Requirement satisfied |
| W | Requirement waived |
| TW | Course transferred and Requirement waived |

SACRED HEART UNIVERSITY
College of Health Professions

Exercise Science Major (Fall 2018 & Later)

SUGGESTED FOUR YEAR SEQUENCE OF STUDY:

| YEAR 1 | SEMESTER I (14 credits) | YEAR 1 | SEMESTER 2 (16 credits) |
|--------------------|---|--------------------|--|
| FYXX 125 or | First Year Seminar | FYXX 125 or | First Year Seminar or |
| 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 |
| EX 100 or | Introduction to Exercise Science | EX 100 or | Introduction to Exercise Science |
| PS 110 | General Psychology | PS 110 | General Psychology |
| MA 140 | Precalculus | XXX | Foundational Core 1 |
| | | XXX | Foundational Core 2 or LAE |
| YEAR 2 | SEMESTER 3 (16 credits) | YEAR 2 | SEMESTER 4 (15 credits) |
| CIT 201 | CIT Seminar I | CIT 202 | CIT Seminar II |
| BI 206/208 | Human Anatomy & Physiology I with Lab | BI 207/209 | Human Anatomy & Physiology II with Lab |
| PS 295 | Health Psychology | MA 131 or | Elementary Statistics |
| XXX | Foundational Core 2 or LAE | XXX | Foundational Core 3 |
| MA 131 or | Elementary Statistics | EX 240 | Sports Medicine in Exercise Science with Lab |
| XXX | Foundational Core 3 | EX 201 | Leadership in Healthcare |
| YEAR 3 | SEMESTER 5 (14 credits) | YEAR 3 | SEMESTER 6 (14 credits) |
| PY 100 | Elements of Physics | EX 260 | Kinesiology w/ Lab |
| EX 250 | Exercise Physiology w/ Lab | EX 290 or | Behavioral Aspects of Exercise Science |
| EX 290 or | Behavioral Aspects of Exercise Science | EX 255 | Nutritional Aspects of Human Health & Perf. |
| EX 255 | Nutritional Aspects of Human Health & Perf. | XXX | EX Elective 1 or Foundational Core 4 |
| XXX | EX Elective 1 or Foundational Core 4 | CH 117/119 | Organic Chemistry & Biochemistry with Lab |
| YEAR 4 | SEMESTER 7 (16 credits) | YEAR 4 | SEMESTER 8 (16 credits) |
| EX 362 | Exercise Testing & Rx with Lab | EX 363 | Dev. Strength & Condition. Programs w/ Lab |
| EX XXX | EX Elective 2 | EX 397 | Practical Applications of Exercise Science |
| EX XXX | EX Free Elective 3 | XXX | Foundational Core 5 or Free Elective |
| XXX | Foundational Core 5 or Free Elective | XXX | Free Elective |
| XXX | Free Elective | XXX | Free Elective |

EX Major Courses Prerequisites:

EX 240: EX 100, BI 206/208 as co-requisite

EX 250, 253, & 255: BI 207/209

EX 270: EX 230, BI 206/208

EX 260: BI 206/208, EX 240, a college-level physics course

EX 290: EX 100

EX 320, 358, 362, 365, & 366: EX 250

EX 361: EX 260

EX 363: EX 250, EX 260

Updated 2/19/17

note: EX 397 (offered in Spring term only) must be taken during your final two semesters as a full-time student

Scheduling Note: All EX coursework, with the exception of EX 100, takes place at the Center for Healthcare Education.

SACRED HEART UNIVERSITY

College of Health Professions

Exercise Science Major (Fall 2018 & Later)

Undergraduate Major in Exercise Science with Pre-Physical Therapy (DPT) requirements

SUGGESTED THREE YEAR SEQUENCE OF STUDY

Total Credits: 123

| 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 | | |
| EX 100 or | Introduction to Exercise Science | EX 100 or | Introduction to Exercise Science | | |
| PS 110 | General Psychology | PS 110 | General Psychology | | |
| | Foundational Core 1 | MA 140 | Precalculus | | |
| | Foundational Core 2 | | Foundational Core 3 | | |
| YEAR 2 | SEMESTER I (18 credits) | YEAR 2 | SEMESTER 2 (18 credits) | YEAR 2 or 3 | WINTER - SHU ONLINE (3 credits) |
| CIT 201 | CIT Seminar 1 | CIT 202 | CIT Seminar 2 | EX 255 | Nutritional Aspects of Human Health & Perf. |
| MA 131 | Elementary Statistics | EX 260 | Kinesiology w/ Lab | | |
| EX 240 | Sports Medicine in Exercise Science w/ Lab | PY 112/114 | General Physics II w/ Lab | | |
| EX 250 | Exercise Physiology w/ Lab | EX 290 | Behavioral Aspects of Exercise Science | | |
| PY 111/113 | General Physics I w/ Lab | PS 295 | Health Psychology | | |
| | | EX 201 | Leadership in Healthcare | | |
| YEAR 3 | SEMESTER I (16 credits) | YEAR 3 | SEMESTER 2 (16 credits) | | |
| EX 363 | Dev. Strength & Condition. Programs w/ Lab | EX 362 | Exercise Testing & Prescription with Lab | | |
| | EX Elective 1 | EX 397 | Practical Applications of EX Sci. | | |
| | EX Elective 2 | | EX Elective 3 | | |
| or | LAE | | Foundational Core 5 | | |
| | Foundational Core 4 | | Free Elective | | |
| | Free Elective | | | | |

Updated 1/17/18

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 checklist and degree evaluations after transfer credits are posted to their SHU transcript.

SACRED HEART UNIVERSITY

College of Health Professions

Exercise Science Major (Fall 2018 & Later)

Undergraduate Major in Exercise Science with MS in Exercise Science & Nutrition requirements

SUGGESTED THREE YEAR SEQUENCE OF STUDY

Total Credits: 121

| YEAR 1 | SEMESTER 1 (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 1 (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 1 (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 |

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SACRED HEART UNIVERSITY

College of Health Professions

Exercise Science Major (Fall 2018 & Later)

Undergraduate Major in Exercise Science with Master of Public Health (MPH) requirements

SUGGESTED THREE YEAR SEQUENCE OF STUDY

Total Credits: 121

| YEAR 1 | SEMESTER 1 (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 1 (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 1 (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 3/26/18

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