B.S. Exercise Science (Fall 2024 & Later)

Minimum 120 credits required for Bachelor's degree

Foundational Core *(29 credits)*		**Grade**
FYXX 125[1]	First Year Seminar	
MA 140	Precalculus	
Choose 1 course from each area *		
[2]Natural/Physical Science		
Literature		
History	HI-100, HI-102, HI-110 or HI-115	
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) *(12 Credits)*		
Student must complete 4 courses from at least 2 different subjects and one course in each area. (see list on Registrar's Website - checksheets)		
Humanistic Inquiry *(3 credits)*		
Social and Global Awareness *(3 credits)*		
Scientific Literacy *(3 credits)*		
LAE in any area *(3 credits)*		

* See list of courses.

[1] Requires Grade C or higher

[2]Science/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

Checksheet Key	
T	Course transferred and Requirement satisfied
W	Requirement waived
TW	Course transferred and Requirement waived

Required Curriculum for EX Majors[1] *(31 Credits)*		**Grade**
EX 100	Introduction to Exercise Science	
EX 101	Introduction to Personal Fitness & Conditioning	
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 Prescription w/ Lab	
EX 363	Dev. Strength & Conditioning Programs w/ Lab	

Exercise Science Capstone[1] *(3 credits)*		**Grade**
EX 366	Clinical Rotations in Exercise Science	
EX 367	Internships in Exercise Science	
EX 397	Practical Applications of Exercise Science	
EX 398	Independent Research in Exercise Science	

Exercise Science Electives[1] *(9 credits; at least 3 credits must be @ 300-level)*		**Grade**
EX 220	Pediatric Development and Exercise	
EX 253	Pathophysiology & Pharmacology	
EX 270	Neural Control of Human Movement	
EX 280	Coaching Methods	
EX 299	Special Topics in Exercise Science	
EX 312	Functional Anatomy	
EX 341	Fundamentals of Corrective Exercise	
EX 351	Applied Exercise Physiology	
EX 358	Exercise and Aging	
EX 361	Functional Gait Analysis	

Required Supporting Courses[1] *(20 additional credits)*		**Grade**
MA 140	Precalculus	
MA 131	Elementary Statistics	
CH 117/119	Gen. Organic Chemistry & Biochemistry with Lab*or*	
or CH 151/153	General Chemistry I with Lab	
PY 104	Elements of Physics *or*	
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	
BI 206/208	Human Anatomy & Physiology I w/ Lab	
BI 207/209	Human Anatomy & Physiology II w/ Lab	
PS 110	General Psychology	
PS 295	Health Psychology	

General Electives *(12 credits)*		

Total Credits 122

SACRED HEART UNIVERSITY
College of Health Professions

Exercise Science Major (Fall 2024 & Later)

SUGGESTED FOUR YEAR SEQUENCE

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
XXX	LAE 1	XXX	LAE 1
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 2

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 2	XXX	Foundational Core 3
MA 131 **or**	Elementary Statistics	EX 240	Sports Medicine in Exercise Science with Lab
XXX	Foundational Core 3	EX 101 or	Introduction to Personal Fitness
		EX 201	Leadership in Healthcare

YEAR 3	SEMESTER 5 *(15 credits)*	YEAR 3	SEMESTER 6 *(17 credits)*
PY 104/PY 104L	Elements of Physics with Lab	EX 260	Kinesiology with Lab
EX 250	Exercise Physiology with Lab	CH 117/119	Organic Chemistry & Biochemistry with 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 200-level Elective 1 or Foundational Core 4	XXX	EX 200-level Elective 1 or Foundational Core 4
EX 101 or	Introduction to Personal Fitness	XXX	EX 200-level Elective 2 or Foundational Core 5
EX 201	Leadership in Healthcare		

YEAR 4	SEMESTER 7 *(14 credits)*	YEAR 4	SEMESTER 8 *(15 credits)*
EX 362	Exercise Testing & Rx with Lab	XXX	EX 300-level Elective or Free Elective 1
EX 363	Dev. Strength & Condition. Programs with Lab	EX 366 or	Clincal Rotations
XXX	EX 300-level Elective or Free Elective 1	EX 367 or	Internship
XXX	EX 200-level Elective 2 or Foundational Core 5	EX 397 or	Practical Applications of Exercise Science
		EX 398	Independent Research
		XXX	Free Elective 2
		XXX	Free Elective 3
		XXX	Free Elective 4

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