

PROGRAM NAME: EXERCISE SCIENCE

PROGRAM COLLEGE: HEALTH AND HUMAN SERVICES

CATALOG TERM: 2019-2020

This major prepares graduates for careers in areas such as personal training and/or conditioning in sports and fitness clubs, sport performance enhancement, and corporate wellness, as well as for graduate study in exercise science-related disciplines. Students who wish to pursue graduate degrees in either occupational therapy or physical therapy at Rockhurst University may choose electives to satisfy additional prerequisites for these programs.

NOTE: Individual Programs of Study will vary in consultation with your Advisor and course/section availability each term. The below schedule serves only as an **example** four-year degree plan.

YEAR 1

Fall Semester

Course Name	Credits	Minimum Grade Required	Experience Notes
Core: Written Communication	3		<ul style="list-style-type: none"> Join an RU Academy Participate in the Finucane Service Project Attend the New Student Retreat
Core: Mathematics	3-4		
Core: Philosophical Mode Lv I	3		
Core: Scientific Causal Mode Lv I: BL 1250 General Biology I with BL 1251 Lab (lower-division requirement)	4		
EXS 2000 Introduction to Exercise Science OR HP 1599 Introduction to Health Science (lower-division requirement)	2; fall and spring		
NS 1000 Freshmen in Science	1; fall only (recommended not required)		
TOTAL HOURS: 15-17			

Spring Semester

Course Name	Credits	Minimum Grade Required	Notes
Core: Oral Communication	3		<ul style="list-style-type: none"> Join PURPOSE
Core: Artistic Mode	3		
Core: Theological Mode Lv I	3		
Core: Written Communication	3		
BL 3030 Anatomy and Physiology I with BL 3031 Lab	4; fall and spring; prerequisite: BL 1250/1251		
TOTAL HOURS: 16			

YEAR 2

Fall Semester

Course Name	Credits	Minimum Grade Required	Notes
Core: Historical Mode Lv I	3		
Core: Philosophical Mode Lv II	3		
PH 2700 Physics for the Life Sciences I with PH 2710 Lab	4; fall only		
BL 3040 Anatomy and Physiology II with BL 3041 Lab	4; fall and spring; prerequisite: BL 3030/3031		
EXS 2400 Nutrition (lower-division requirement)	2; online fall and summer		
TOTAL HOURS: 16			

Spring Semester

Course Name	Credits	Minimum Grade Required	Notes
Core: Literary Mode Lv I	3		
Core: Scientific-Relational Mode Lv I: PY 1000 Introduction to Psychology (lower-division requirement)	3		
PH 2750 Physics for the Life Sciences II with PH 2760 Lab (for those interested in programs such as PT, POM) OR Elective	4; spring only		
EXS 3300 Kinesiology with EXS 3301 Lab	4; fall and spring; prerequisite or corequisite BL 3030/3031 and PH 2700	C	
Elective	3		
TOTAL HOURS: 17			

YEAR 3

Fall Semester

Course Name	Credits	Minimum Grade Required	Notes
Core: Historical Mode or Literary Mode Lv II	3		
Core: Scientific-Relational Mode Lv II PY 2400 Developmental Psychology	3; fall and spring		
BSS 2100 Behavioral Statistics or BIA 2200 Statistics Predictive Analysis (Prerequisites is BIA 1800, sophomore standing) or PH 4900 Statistics for the Health Sciences (Prerequisite is MT 1800) (lower-division requirement)	3		
CH 2610 General Chemistry I with Lab (lower-division requirement)	4; recommended prerequisite: MT 1190		
EXS 3500 Physiology of Exercise with EXS 3501 Lab	4		
TOTAL HOURS: 17			

Spring Semester

Course Name	Credits	Minimum Grade Required	Notes
Core: Philosophical Mode Lv II	3		<ul style="list-style-type: none"> Attend orientation for EXS 4900
Core: Scientific-Causal or Relational Mode Lv II; CH 2630: Chemistry II with Lab (for those interested in programs such as PT; others may choose a different course)	4; spring (some alternatives 3 credits)		
EXS 3700 Psychology of Sport and Exercise	3; spring only; prerequisite: PY 1000		
EXS 3800 Foundations of Conditioning	3; fall and spring; prerequisites: EXS 3300/3301		
Elective or course satisfying minor or graduate school requirements	3		
TOTAL HOURS: 15-16			

YEAR 4

Fall Semester

Course Name	Credits	Minimum Grade Required	Notes
Core: Theological Mode Lv II	3		
Core: Global Perspectives	3		
EXS 4500 Principles of Fitness Assessment and Exercise Prescription with EXS 4501 Lab	4; fall and spring; prerequisites: EXS 3500/3501		
EXS 4200 Motor Behavior	2; fall and spring; prerequisites: EXS 3300/3301		
Elective or course satisfying minor or graduate school requirements (such as PY 2550 Abnormal Behavior for OT)	3		
TOTAL HOURS: 15			

Spring Semester

Course Name	Credits	Minimum Grade Required	Notes
Core: Philosophical Mode or Theological Mode Lv II	3		
EXS 4900 Practicum in Exercise and Sport Science	1; fall and spring; prerequisites: senior standing, instructor approval		
EXS 4310 Exercise, Health, and Chronic Disease Prevention	3; fall and spring; prerequisites BL 3040/3041; consider taking before EXS 4900, depending on placement goal		
Electives or courses satisfying minor or graduate school requirements	7-9		
TOTAL HOURS: 14-16			

PT Science Prerequisites

- BL 1250/1251 General Biology I w/lab (SC I)
- BL 3030/3031 Anatomy & Physiology I w/lab
- BL 3040/3041 Anatomy & Physiology II w/lab
- PH 2700/2710 Physics for Life Sciences I w/lab (SC I)
- PH 2750/2760 Physics for Life Sciences II w/lab (SC II)
- CH 2610/2620 General Chem I w/lab (SC I)
- CH 2630/2640 General Chem II w/lab (SC II)
- BSS 2100 Behavioral Statistics
- PY 2400 Developmental Psychology or PY 2550 Abnormal Psychology (SR II)
- EXS 3500/3501 Exercise Physiology w/lab

OT Science Prerequisites

- BL 1250/1251 General Biology I w/lab (SC I)
- BL 3030/3031 Anatomy & Physiology I w/lab
- BL 3040/3041 Anatomy & Physiology II w/lab
- PH 2700/2710 Physics for Life Sciences I w/lab (SC I)
- BSS 2100 Statistics
- PY 2400 Developmental Psych (SR II)
- PY 2550 Abnormal Psych (SR II)
- SO 1000 Intro to Sociology (SR I)

Credit Hours

- Core: 49-57
- Major: 25 lower division requirements; 24 major courses
- Electives or courses that satisfy prerequisites, upper-division requirements or requirements of minors, second majors, and/or professional/graduate prerequisites: 22-30

TOTAL Credit Hours: 128