

# B.S. in Exercise Science - Pre-Chiropractic Concentration (code S133)

## Course Record Sheet - starting Fall 2023

Name \_\_\_\_\_ Sem/Yr entering Major \_\_\_\_\_

(Students are bound by the major, minor, and related requirements in the catalog for the academic year for which they are accepted into the major or minor).

Advisor \_\_\_\_\_ (Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet)

**You MUST successfully complete a minimum of 120 credit hours in order to graduate.**

### GENERAL EDUCATION REQUIREMENTS

| Category (# credit hours)  | Title/Number of Course Info  | Credit Hours  | Letter Grade or T  |
|--|--|---------------|--|
| <b>FIRST YEAR EXPERIENCE (4)</b>   | <b>FYE 100D required</b> if transferred in less than 24 credits  | <b>4</b>      |  |
| <b>ACADEMIC FOUNDATIONS</b>  |  |               |  |
| <b>A. English Composition (6 or 7)</b>   | <b>WRT 120 or 123</b> depending on placement test  | <b>3 or 4</b> |  |
|  | <b>WRT 200, 204, 205, 206, 208, or 220</b>   | <b>3</b>      |  |
| <b>B. Mathematics (3)</b>  | <b>MAT 121 or MAT 125 required</b>   | <b>3</b>      |  |
| <b>C. Interdisciplinary "I" (3)</b>  | KIN 246 satisfies both "I" and "J"   | <b>3</b>      |  |
| <b>D. Diverse Communities "J" (3)</b>  | KIN 246 satisfies both "I" and "J"; PHI 180<br>KIN 254 satisfies "J" and required for APA minor  | <b>3</b>      |  |
| <b>DISTRIBUTIVE REQUIREMENTS</b>   |  |               |  |
| <b>A. Science (6)</b>  | <b>See Related Requirements</b> in Biology, Chemistry and Physics classes which fulfill graduation requirement   |               |  |
| <b>B. Behavioral / Social Sciences (6)</b>   | <b>PSY 100 required</b> – also approved ethics course  | <b>3</b>      |  |
|  | <b>SOC 100 or 240 required</b>   | <b>3</b>      |  |
| <b>C. Humanities (6)</b><br>Must take two courses, each one from different area.<br>If course number is followed by "*" it indicates more than one Gen Ed is satisfied – see catalog for more info | <b>History- HIS 100, 101, 102, 150, 151, 152, 214*, 215, 221, 222, 444. Honors- HON 212*, 311*. Language- LAN 100, LIN 130, 140*, LNC 100, 105*, 110*, 368.</b>              | <b>3</b>      |  |
|  | <b>Literature- LIT 100, 101, 165*; CLS 165*, 260,* 261*. Philosophy- PHI 100, 101, 150, 180*, 201, 206, 220, 280, 282 Urban Com- RUX 110</b>                                 | <b>3</b>      |  |
| <b>D. Arts (3)</b>   | Choose from these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA found under "ARTS Distributive"<br>See catalog for all approved courses.                                       | <b>3</b>      |  |
| <b>ADDITIONAL BACCALAUREATE REQUIREMENTS</b>   |  |               |  |
| <b>A. ETHICS REQUIREMENT "ET"</b>  | <b>Suggested:</b> PHI 180 (also covers 2 <sup>nd</sup> Humanities and Diverse Communities) or PSY 100 (also covers one Behavioral/Social Science); HEA 210; HEA 300; PHI 371 |               |  |
| <b>B. WRITING EMPHASIS COURSES "W" (9)</b> See catalog for approved courses.   | <b>One "W" must be at the 300-400 level</b>  |               | "W" courses may also be used to satisfy other requirements.  |
| Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "W" class.</u>  |  | <b>3</b>      |  |
| Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "W" classes.</u>   |  | <b>3</b>      |  |
| All students entering WCU with fewer than 40 credits, <u>must complete 9 credits of "W" classes</u>  |  | <b>3</b>      |  |
| <b>C. SPEAKING EMPHASIS COURSES "SE" (9)</b> See catalog for approved courses.   | <b>One "SE" must be at the 300-400 level which is satisfied by EXS 490.</b>  |               | "SE" courses may also be used to satisfy other requirements. |
| Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "S" class.</u>  | Can use EXS 490 and double dip   | <b>3 - 6</b>  |  |
| Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "S" classes.</u>   | Can use EXS 103 and double dip   | <b>3</b>      |  |
| All students entering WCU with fewer than 40 credits, <u>must complete 9 credits of "S" classes</u>  | Suggested SPK 208 or 230   | <b>3</b>      |  |

## B.S. in Exercise Science - Pre-Chiropractic Concentration (code S133)

### Course Record Sheet - starting Fall 2023

| <b>RELATED REQUIREMENTS</b> (Must be passed with a C- or better)<br><b>Note: Six credit hours of science courses found in this section fulfill General Education Distributive Requirements in Science</b>  | <b>Course Number</b>           | <b>Credit Hours</b> | <b>Letter Grade or T</b> |
|--|--------------------------------|---------------------|--------------------------|
| General Biology  | BIO 110                        | <b>4</b>            |                          |
| Anatomy and Physiology I (pre-req BIO 110)   | BIO 259                        | <b>4</b>            |                          |
| Anatomy and Physiology II (pre-req BIO 259)  | BIO 269                        | <b>4</b>            |                          |
| General Chemistry I Lecture  | CHE 103                        | <b>3</b>            |                          |
| General Chemistry I Lab  | CRL 103                        | <b>1</b>            |                          |
| General Chemistry II Lecture   | CHE 104                        | <b>3</b>            |                          |
| General Chemistry II Lab   | CRL 104                        | <b>1</b>            |                          |
| General Physics I (lecture, lab, and discussion) or Physics I  | PHY 130/170                    | <b>4</b>            |                          |
| General Physics II (lecture, lab, and discussion) or Physics II  | PHY 140/ 180                   | <b>4</b>            |                          |
| Introduction to Medical Terminology and Drug Classifications   | EXS 222                        | <b>2</b>            |                          |
| Introduction to Nutrition  | NTD 303                        | <b>3</b>            |                          |
| <b>Electives Under Advisement:</b> To fulfill admission requirements of specific Chiropractic schools for which the student is applying. The student is responsible to check with the schools they are applying to. These classes could contribute to a minor.   |                                |                     |                          |
|  |                                |                     |                          |
|  |                                |                     |                          |
|  |                                |                     |                          |
|  |                                |                     |                          |
| <b>CORE EXS COURSES</b><br>(Must be passed with a C- or better)  | <b>Course Number</b>           | <b>Credit Hours</b> | <b>Letter Grade or T</b> |
| Fundamentals of Group Exercise and Resistance Training (double dips for SE)  | EXS 103                        | <b>3</b>            |                          |
| Lifetime Fitness Concepts  | EXS 180                        | <b>3</b>            |                          |
| Kinetic Anatomy (pre-req BIO 259)  | EXS 223                        | <b>2</b>            |                          |
| Motor Learning   | EXS 270                        | <b>3</b>            |                          |
| The Exercise Science Profession (pre-req EXS 180)  | EXS 280                        | <b>1</b>            |                          |
| Biomechanics (pre-req PHY 100 or 130 and EXS 223)  | EXS 362                        | <b>3</b>            |                          |
| Biomechanics Laboratory (taken concurrently with EXS 362)  | EXL 362                        | <b>1</b>            |                          |
| Sport and Exercise Psychology (pre-req PSY 100 and EXS 270)  | EXS 375                        | <b>3</b>            |                          |
| Exercise Physiology (pre-req BIO 269 and EXS 180)  | EXS 380                        | <b>3</b>            |                          |
| Exercise Physiology Laboratory (taken concurrently with EXS 380)   | EXL 380                        | <b>1</b>            |                          |
| Fitness Assessment – Exercise Prescription (pre-req EXS/EXL 380)   | EXS 381                        | <b>3</b>            |                          |
| Fitness Assessment – Exercise Prescription Lab (taken concurrently with EXS 381)   | EXL 381                        | <b>1</b>            |                          |
| Strength Training and Conditioning (pre-req EXS/EXL 362 and EXS/EXL 380)   | EXS 482                        | <b>3</b>            |                          |
| Strength Training and Conditioning Laboratory (taken concurrently with EXS 482)  | EXL 482                        | <b>1</b>            |                          |
| Organization and Management of Adult Fitness Programs Clinic/Seminar (pre-req EXS/EXL 381)   | EXS 484                        | <b>3</b>            |                          |
| Exercise Prescription – Special Population (pre-req EXS/EXL 381)   | EXS 486                        | <b>3</b>            |                          |
| Clinical Exercise Testing and Interpretation (pre-req EXS/EXL 381)   | EXS 489                        | <b>3</b>            |                          |
| Clinical Exercise Testing and Interpretation Lab (taken concurrently with EXS 489)   | EXL 489                        | <b>1</b>            |                          |
| Internship ( <b>CAPSTONE</b> ) Requires permission from Department and <b>applications due October 1<sup>st</sup> or March 1<sup>st</sup></b> the semester before you perform your internship. <b>MUST</b> be taken in the last semester before graduation as the capstone course. Performed under the supervision of an appropriately credentialed individual. *May not be repeated for credit. | EXS 490 covers SE credits also | <b>3-6</b>          |                          |

NOTE: Pre-Chiropractic majors can benefit from adding a minor. Suggested minors include but are not limited to biology, chemistry or nutrition. A minor requires a minimum of 18 credits.

*Effective Fall 2023*