

# West Chester University

## B.S. in Exercise Science Specialist (ESS) Degree through the Honors College Advisement Sheet

Effective for students entering Fall '17  
and later.

*Indicate all the courses you have taken at WCU or transferred for credit. For completed courses, also list the grades. Mark an asterisk (\*) beside courses you are currently taking.*

The grade of C- or better is necessary in all required science, math and EXS courses above the 300 level. Maintenance of CPR and first aid certification required.

### I. EXERCISE SCIENCE CORE (44 s.h.) NOTE: All labs are 1 credit, all classes are 3 credits unless noted.

- EXS 101 \_\_\_\_ (Group Ex. Leadership) 2
- EXS 102 \_\_\_\_ (Resistance Training) 2
- EXS 180 \_\_\_\_ (Lifetime Fitness) 3
- EXS 223 \_\_\_\_ (Kinetic Anatomy) 2
- EXS 262 \_\_\_\_ (Biomechanics)\*3
- EXL 262 \_\_\_\_ (Biomechanics Lab)\*\*1
- EXS 370 \_\_\_\_ (Motor Learning) \* 3
- EXS 375 \_\_\_\_ (Exercise Psychology)^3
- EXS 380 \_\_\_\_ (Exercise Physiology)^3
- EXL 380 \_\_\_\_ (Ex. Phys. Lab)^^1
- EXS 381 \_\_\_\_ (Fitness Assess.)\*\*\* 4
- EXS 482 \_\_\_\_ (Phys. Conditioning)+ 4
- EXS 484 \_\_\_\_ (Adult Fitness)++3
- EXS 486 \_\_\_\_ (Special Population)+++ 3
- EXS 489 \_\_\_\_ (Clinical Exs Test.)# 4
- EXS 490 \_\_\_\_ (Internship)##3

NOTES - The following prerequisites relate to the accompanying symbol:

- \* - PHY 100 or above, BIO 259
- \*\* Take concurrent with EXS 262
- ^ - PHY 100 & EXS 370
- ^^ - BIO 269 & concurrent w/ EXL 380
- ^^^ EXS 380 or concurrent
- \*\*\* EXS 375 & EXS(L) 380 & CPR cert
- + - EXS 262, & EXS(L) 380
- ++ EXS(L) 380
- +++ EXS 381
- # - EXS 381 & CPR Certification
- ## - EXS 381, 482, 484 and Departmental permission.

### II. RELATED REQUIREMENTS – Select from one of three concentrations:

#### A. Pre-Occupational Therapy [Pre-OT] (32 s.h.)

- BIO 259 \_\_\_\_ (Anatomy I) 4
- BIO 269 \_\_\_\_ (Anatomy II) 4
- CHE107 \_\_\_\_ (Allied Health Chem.) 4
- CRL107 \_\_\_\_ (Allied Chem. Lab)
- EXS222 \_\_\_\_ (Med Terminology) 2
- MAT121 \_\_\_\_ (Statistics) 3
- NTD303 \_\_\_\_ (Nutrition) 3
- PHY100 \_\_\_\_ (Physical Science) 3
- PSY 100 \_\_\_\_ (Psychology) 3
- PSY 210 \_\_\_\_ (Developmental PSY) 3
- PSY 375 \_\_\_\_ (Abnormal PSY) 3

#### B. Pre-Physical Therapy - [Pre-PT] (38 s.h.)

- BIO110 \_\_\_\_ (Gen. Biology) 3
- BIO 259 \_\_\_\_ (Anatomy I) 4
- BIO 269 \_\_\_\_ (Anatomy II) 4
- CHE103 \_\_\_\_ (Gen. Chem. I) 4
- CRL103 \_\_\_\_ (Gen. Chem. I -Lab)
- CHE104 \_\_\_\_ (Gen. Chem. II) 4
- CRL104 \_\_\_\_ (Gen. Chem. II – Lab)
- EXS222 \_\_\_\_ (Med Terminology) 2
- MAT121 \_\_\_\_ (Statistics) 3
- NTD303 \_\_\_\_ (Nutrition) 3
- PHY130 \_\_\_\_ (Gen. Physics I) 4
- PHY140 \_\_\_\_ (Gen. Physics II) 4
- PSY 100 \_\_\_\_ (Psychology) 3

NOTE: \* Taken under advisement

#### C. Pre-Chiropractic [Pre Chiro] (51 s.h.)

- BIO110 \_\_\_\_ (Gen. Biology) 3
- BIO 259 \_\_\_\_ (Anatomy I) 4
- BIO 269 \_\_\_\_ (Anatomy II) 4
- CHE103 \_\_\_\_ (Gen. Chem. I) 4
- CRL103 \_\_\_\_ (Gen. Chem. I -Lab)
- CHE104 \_\_\_\_ (Gen. Chem. II) 4
- CRL104 \_\_\_\_ (Gen. Chem. II – Lab)
- CHE231 \_\_\_\_ (Organic I) 4
- CRL231 \_\_\_\_ (Organic I – Lab)
- CHE232 \_\_\_\_ (Organic II) 4
- CRL232 \_\_\_\_ (Organic II – Lab)
- CHE476 \_\_\_\_ (Biochemistry) 3
- CRL476 \_\_\_\_ (Biochem Lab) 2
- EXS222 \_\_\_\_ (Med Terminology) 2
- MAT121 \_\_\_\_ (Statistics) 3
- NTD303 \_\_\_\_ (Nutrition) 3
- PHY130 \_\_\_\_ (Gen. Physics I) 4
- PHY140 \_\_\_\_ (Gen. Physics II) 4
- PSY 100 \_\_\_\_ (Psychology) 3

### III. HONORS COLLEGE

#### SEQUENCE for GEN ED (27 s.h.)

- HON 100 \_\_\_\_ (Self Awareness)
  - HON 211 \_\_\_\_ (Public Discourse)
  - HON 212 \_\_\_\_ (Ethics & Technology)
  - HON 310 \_\_\_\_ (Community Change)
  - HON 311 \_\_\_\_ (Stewardship & Civic Responsibility)
  - HON 312 \_\_\_\_ (Educational Systems)
- or
- HON 322 \_\_\_\_ (Leading Change ELL)
  - HON 313 \_\_\_\_ (Public Opinion)
  - HON 314 \_\_\_\_ (Environ. Systems)
  - HON 315 \_\_\_\_ (Community & Arts)
  - MAT \_\_\_\_ \_x\_\_\_\_\*
  - SCI \_\_\_\_ \_x\_\_\_\_\*

\* (NOTE: Fulfilled from major requirements).

### IV. ADDITIONAL HONORS COLLEGE REQUIREMENTS (9 s.h.)

- A) Two HON seminars at the 320 level or above  
HON \_\_\_\_ \_\_\_\_  
HON \_\_\_\_ \_\_\_\_
- B) Capstone Project  
HON 490 \_\_\_\_

### V. DIRECTED ELECTIVES

Take enough directed electives to complete 120 credits. The actual number of electives required will vary depending upon (among other issues) the number of 3 vs. 4 hour courses taken to fulfill the major requirements. *Students should actively consult pre-requisite requirement for various professional schools of interest.*

Course	Grade
_____	_____
_____	_____

**NOTE:** We recommend all majors take one of the national certification exams: a) American College of Sports Medicine (ACSM) or b) National Strength and Conditioning Association (NSCA) before graduating

**Bring this sheet with you whenever you meet with your advisor about scheduling or course planning!**

(Revised August 2017)