

Course Program for Exercise Science

Required Pitt State Pathway/Prerequisite Courses (41 hrs Total, 2.75 GPA Required)

Core Elements (12 hrs)

Written Communication

- ENGL 101 English Composition 3
- ENGL 299 Introduction to Research Writing..... 3

Verbal Communication

- COMM 207 Speech Communication..... 3

Quantitative/Analytic Methods

- MATH 143 Elementary Statistics 3

Total 12

Electives (3 hrs)

- FCS 203 Nutrition and Health..... 3

Total 3

Essential Studies (23 – 24 hrs)

Human Experience within a Global Context

- Any course within this area..... 3

Human Systems within a Global Context

- PHIL 105 Ethics..... 3
- CIS 130 Computer Information Systems 3
- FCS 230 Consumer Ed and Personal Finance 3
- ECON 191 Issues in Today's Economy..... 3

Natural World within a Global Context

- BIOL 111/112 General Biology/Lab..... 5

Wellness Strategies

- PSYCH 155 General Psychology..... 3
- HHP 150 Lifetime Fitness Concepts..... 1

Total 24

Gorilla Gateway (2 hrs)

- Must complete all Elements in the Gateway 2

Total 2

Required Prerequisite Courses (9 hrs Total, 2.75 GPA Required)

- BIOL 257/258 Anatomy and Physiology/Lab 5
- CHEM 105/106 Intro to Chemistry and Lab..... 4

Total 9

Required Exercise Science Core Course Work (3.0 GPA Maintained throughout the program)

- HHP 260 First Aid/CPR..... 2
- EXSCI 290 Intro. to Ex. Science Research Methods 2
- HHP 460 Kinesiology 3
- HHP 464 Physiology of Exercise..... 3
- REC 425 Personal Training and Fitness Management..... 3
- EXSCI 599 Pre-Internship..... 1

Total with CHEM 105/106 and BIOL 257/258 23

Clinical/Pre-Professional Track

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|--|--------------|
| EXSCI 500 Physiology of Exercise II | 3 |
| EXSCI 510 Tech. and Instrumentation in Ex. Phys..... | 3 |
| EXSCI 520 Exercise Testing and Prescription..... | 3 |
| EXSCI 530 Clinical Exercise Physiology | 3 |
| EXSCI 550 Research Project in Exercise Science | 3 |
| EXSCI 600 Internship | 6-12 |
| Total | 21-27 |

Suggested Minor: Biology, Physical Science, Gerontology, Public Health, or Psychology

Non-Clinical Track

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|---|--------------|
| COMM 277 Intro to Strategic Communication..... | 3 |
| REC 320 Promotion in Recreation, Sport, and Hospitality.. | 3 |
| REC 430 Commercial Recreation..... | 3 |
| EXSCI 520 Exercise Testing and Prescription..... | 3 |
| EXSCI 550 Research Project in Exercise Science | 3 |
| EXSCI 600 Internship | 6-12 |
| Total | 21-27 |

Suggested Minor: Bus. Admin, Marketing, Gerontology, Public Health, or Psychology

Exercise Science Electives (above course work and electives to meet 120 total hours; ~26 hrs)

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|---|---|--|---|
| BIOL 211 Principles of Biology I | 4 | NURS 265 Health Prom and Disease Prevention..... | 2 |
| BIOL 212 Principles of Biology II | 4 | NURS 405 Health Alterations in Older Adults..... | 3 |
| BIOL 322/323 Genetics/Lab..... | 5 | NURS 440 Pharmacology in Nursing I..... | 3 |
| BIOL 371/372 General Microbiology/Lab..... | 5 | NURS 441 Pharmacology in Nursing II | 3 |
| BIOL 410 Biological/Medical Terminology..... | 2 | PHYS 100/130 College Physics I/Lab..... | 5 |
| BIOL 656/657 Human Physiology/Lab | 5 | PHYS 101/131 College Physics II/Lab | 4 |
| BIOL 660 Human Anatomy and Dissection | 5 | PSYCH 263 Developmental Psychology..... | 3 |
| CHEM 215/216 General Chemistry I/Lab | 5 | PSYCH 360 Psychology of Aging | 3 |
| CHEM 225/226 General Chemistry II/Lab..... | 5 | PSYCH 362 Death and Dying..... | 3 |
| CHEM 575 Biochemistry I | 3 | PSYCH 389 Research Methods in Psychology I..... | 3 |
| COMM 629 Theories of Human Communication | 3 | PSYCH 456 Intro to Social Psychology | 3 |
| FCS 285 Lifespan Human Development | 3 | PSYCH 571 Abnormal Psychology..... | 3 |
| HHP 262 Care and Prevention of Athletic Injuries | 2 | PSYCH 675 Human Factors Psychology..... | 3 |
| HHP 349 Group Fitness Instruction..... | 2 | REC 240 Intro to Therapeutic Recreation | 3 |
| HHP 462 Adapted Physical Education..... | 2 | REC 419 Research in Recreation..... | 3 |
| HHP 466 Motor Development..... | 3 | REC 441 Therapeutic Interventions for Older Adults | 3 |
| HHPR 763 Scientific Principles of Strength & Cond. | 3 | REC 465 Assessment and Documentation in TR | 3 |
| NURS 314 Healthcare Term. and Drug Calc. | 3 | REC 469 Intervention in Therapeutic Recreation..... | 3 |

ADDITIONAL ELECTIVES APPROVED BY ADVISOR