Bachelor of Science Degree with a major in Exercise Science

Degree: Bachelor of Science
Major: Exercise Science

Program Required Pathway/Prerequisite courses

See notes *1
- BIOL-111 General Biology (3 hours)
  and BIOL-112 General Biology Laboratory (2 hours)
- CHEM-105 Introductory Chemistry (3 hours)
  and CHEM-106 Introductory Chemistry Laboratory (1 hour)
- MATH-143 Elementary Statistics (3 hours)
- CIS-130 Computer Information Systems (3 hours)
- PHIL-105 Ethics (3 hours)
- EXSCI-200 Introduction to Exercise Science (1 hour)
  or FCS-230 Consumer Education and Personal Finance (3 hours)
  and BIOL-257 Anatomy and Physiology (3 hours)
- BIOL-211 Principles of Biology I (4 hours)
- BIOL-212 Principles of Biology II (4 hours)
  and BIOL-322 Genetics (3 hours)
- BIOL-321 Anatomy and Physiology Laboratory (2 hours)
- BIOL-410 Biological and Medical Terminology (2 hours)
  and BIOL-412 Human Anatomy and Dissection (5 hours)
  and BIOL-656 Human Physiology (3 hours)
  and BIOL-657 Human Physiology Laboratory (2 hours)
  and BIOL-660 Human Anatomy and Dissection (5 hours)
  and CHEM-216 General Chemistry I Laboratory (2 hours)
- CHEM-215 General Chemistry I (3 hours)
  and CHEM-216 General Chemistry II (3 hours)
  and CHEM-226 General Chemistry II Laboratory (2 hours)
  and CHEM-575 Biochemistry I (3 hours)
  and COMM-629 Theories of Human Communication (3 hours)
  and FCS-285 Lifespan Human Development (3 hours)
- HHP-262 Care and Prevention of Athletic Injuries (2 hours)
  and HHP-349 Group Fitness Instruction (2 hours)
  and HHP-462 Adapated Physical Education (2 hours)
  and HHP-466 Motor Development (3 hours)
  and HHP-763 Scientific Principles of Strength and Conditioning (3 hours)
- NURS-265 Health Promotion and Disease Prevention (2 hours)
- NURS-314 Health Care Terminology and Drug Calculations (3 hours)
- NURS-405 Gerontological Nursing (3 hours)
  and PHYS-100 College Physics I (4 hours)
  and PHYS-130 Elementary Physics Laboratory I (1 hour)
  and PHYS-101 College Physics II (4 hours)
  and PHYS-131 Elementary Physics Laboratory II (1 hour)
  and PSYCH-263 Developmental Psychology (3 hours)
  and PSYCH-360 Psychology of Aging (3 hours)
  and PSYCH-362 Death and Dying (3 hours)
  and PSYCH-389 Research Methods in Psychology I (3 hours)
  and PSYCH-571 Abnormal Psychology (3 hours)
  and PSYCH-675 Human Factors Psychology (3 hours)
  and REC-240 Introduction to Therapeutic Recreation (3 hours)
  and REC-410 Research in Recreation (3 hours)
  and REC-441 Therapeutic Interventions for Older Adults (3 hours)
  and REC-465 Assessment and Documentation in Therapeutic Recreation (3 hours)
  and REC-469 Interventions in Therapeutic Recreation (3 hours)
Notes *1: 2.75 GPA required

Core Requirements (14 hours)

See notes *2
- HHP-260 First Aid and CPR (2 hours)
  and EXSCI-290 Introduction to Exercise Science Research Methods (2 hours)
  and HHP-460 Kinesiology (3 hours)
  and HHP-464 Physiology of Exercise (3 hours)
  and REC-425 Personal Training and Fitness Management (3 hours)
  and EXSCI-599 Pre-Internship (1 hour)
Notes *2: Minimum 3.00 GPA required

Select 26 hours of Exercise Science electives from:

See notes *3
- BIOL-211 Principles of Biology I (4 hours)
  and BIOL-212 Principles of Biology II (4 hours)
  and BIOL-322 Genetics (3 hours)
  and BIOL-323 Genetics Laboratory (2 hours)
  and BIOL-371 General Microbiology (3 hours)
  and BIOL-372 General Microbiology Laboratory (2 hours)
  and BIOL-410 Biological and Medical Terminology (2 hours)
  and BIOL-656 Human Physiology (3 hours)
  and BIOL-657 Human Physiology Laboratory (2 hours)
  and BIOL-660 Human Anatomy and Dissection (5 hours)
  and CHEM-216 General Chemistry I Laboratory (2 hours)
  and CHEM-217 General Chemistry I (3 hours)
  and CHEM-218 General Chemistry II (3 hours)
  and CHEM-226 General Chemistry II Laboratory (2 hours)
  and CHEM-575 Biochemistry I (3 hours)
  and COMM-629 Theories of Human Communication (3 hours)
  and FCS-285 Lifespan Human Development (3 hours)
  and HHP-262 Care and Prevention of Athletic Injuries (2 hours)
  and HHP-349 Group Fitness Instruction (2 hours)
  and HHP-462 Adapated Physical Education (2 hours)
  and HHP-466 Motor Development (3 hours)
  and HHP-763 Scientific Principles of Strength and Conditioning (3 hours)
  and NURS-265 Health Promotion and Disease Prevention (2 hours)
  and NURS-314 Health Care Terminology and Drug Calculations (3 hours)
  and NURS-405 Gerontological Nursing (3 hours)
  and PHYS-100 College Physics I (4 hours)
  and PHYS-130 Elementary Physics Laboratory I (1 hour)
  and PHYS-101 College Physics II (4 hours)
  and PHYS-131 Elementary Physics Laboratory II (1 hour)
  and PSYCH-263 Developmental Psychology (3 hours)
  and PSYCH-360 Psychology of Aging (3 hours)
  and PSYCH-362 Death and Dying (3 hours)
  and PSYCH-389 Research Methods in Psychology I (3 hours)
  and PSYCH-571 Abnormal Psychology (3 hours)
  and PSYCH-675 Human Factors Psychology (3 hours)
  and REC-240 Introduction to Therapeutic Recreation (3 hours)
  and REC-410 Research in Recreation (3 hours)
  and REC-441 Therapeutic Interventions for Older Adults (3 hours)
  and REC-465 Assessment and Documentation in Therapeutic Recreation (3 hours)
  and REC-469 Interventions in Therapeutic Recreation (3 hours)

Notes *3: Other electives (0-8 hours) to meet minimum graduation requirements of 124 hours

Select one of the following Emphases: (21-27 hours)

Clinical/Pre-Professional Emphasis

See notes *4
- EXSCI-500 Physiology of Exercise II (3 hours)
- EXSCI-510 Technology and Instrumentation in Exercise Physiology (3 hours)
- EXSCI-520 Exercise Testing and Prescription (3 hours)
- EXSCI-530 Clinical Exercise Physiology (3 hours)
- EXSCI-550 Research Project in Exercise Physiology (3 hours)
- EXSCI-600 Internship (6-12 hours)
Notes *4: 3.00 GPA required (Suggested Minor: Biology, Physical Science, Interdisciplinary Gerontology, Public Health, or Psychology)

Non-Clinical Emphasis

See notes *5
- COMM-277 Introduction to Strategic Communication (3 hours)
- REC-320 Promotion in Recreation, Sport and Hospitality (3 hours)
Pitt State Pathway Requirements

Core Elements (12 hours)

A0 - Written Communications
__ ENGL-101 English Composition (3 hours)
__ ENGL-299 Introduction to Research Writing (3 hours)

B0 - Verbal Communication
__ COMM-207 Speech Communication (3 hours)

C0 - Quantitative/Analytic Methods
__ MATH-110 College Algebra with Review (5 hours)
__ MATH-113 College Algebra (3 hours)
__ MATH-126 Pre-Calculus (4 hours)
__ MATH-133 Quantitative Reasoning (3 hours)
__ MATH-143 Elementary Statistics (3 hours)
__ MATH-150 Calculus I (5 hours)
__ MATH-204 Mathematics for Education I (3 hours)
__ PHIL-207 Critical Thinking (3 hours)
__ PHIL-208 Logic (3 hours)

Essential Studies (23-24 hours minimum)

See notes "6"
Notes "6": D-G and cannot be same prefix as major.

D - The Human Experience (3-6 hours)

D1- Diverse Perspectives
__ ENGL-113 General Literature (3 hours)
__ ENGL-114 General Literature (Genre) (3 hours)
__ ENGL-116 General Literature (Theme) (3 hours)
__ ENGL-120 Literature and Film (3 hours)
__ ENGL-250 Introduction to Creative Writing (3 hours)
__ ENGL-315 Mythology (3 hours)
__ ENGL-320 Literature and Film (3 hours)

D2 - Non-Verbal and Creative Expression
__ ART-178 Introduction to the Visual Arts (3 hours)
__ ART-188 The Designed World (3 hours)
__ ART-217 Crafts I (3 hours)
__ ART-222 Jewelry Design I (3 hours)
__ ART-233 Drawing I (3 hours)
__ ART-244 Ceramics I (3 hours)
__ ART-266 Sculpture I (3 hours)
__ ART-277 Painting I (3 hours)
__ ART-288 Introduction to Art History I (3 hours)
__ ART-289 Introduction to Art History II (3 hours)
__ ART-311 Art Education (3 hours)
__ COMM-105 Performance Appreciation (3 hours)

D3 - Non-Verbal and Creative Expression
__ MATH-110 College Algebra with Review (5 hours)
__ MATH-113 College Algebra (3 hours)
__ MATH-126 Pre-Calculus (4 hours)
__ MATH-133 Quantitative Reasoning (3 hours)
__ MATH-143 Elementary Statistics (3 hours)
__ MATH-150 Calculus I (5 hours)
__ MATH-204 Mathematics for Education I (3 hours)
__ PHIL-207 Critical Thinking (3 hours)
__ PHIL-208 Logic (3 hours)

E - Human Systems (9-12 hours)

E0 - No Companion
__ CIS-130 Computer Information Systems (3 hours)
__ EDUC-261 Explorations in Education (3 hours)
__ EET-247 Computer Programming for Electronic Systems (3 hours)
__ MECET-121 Engineering Graphics I (3 hours)
__ MGT-101 Introduction to Business (3 hours)

E1 - Diverse Perspectives
__ ANTH-101 Introduction to Cultural Anthropology (3 hours)
__ GEOG-106 World Regional Geography (3 hours)
__ GEOG-300 Elements of Geography (3 hours)
__ GEOG-304 Human Geography (3 hours)
__ HIST-101 World History to 1500 (3 hours)
__ HIST-102 World History from 1500 (3 hours)
__ HIST-201 American History to 1865 (3 hours)
__ HIST-202 American History from 1865 (3 hours)
__ MFGET-405 Quality Control (3 hours)
__ MLL-124 French Language and Culture I (3 hours)
__ MLL-154 Spanish Language and Culture I (3 hours)
__ PHIL-103 Introduction to Philosophy (3 hours)
__ PHIL-231 World Religions (3 hours)
__ POLS-103 Comparative Politics (3 hours)
__ SOC-100 Introduction to Sociology (3 hours)
__ WGS-399 Global Women's Issues (3 hours)

E2 - Social Responsibility
__ EDTH-330 Principles of Microeconomics (3 hours)
__ EDTH-331 Principles of Macroeconomics (3 hours)
__ EDTH-332 Technology for Teaching and Learning (3 hours)
__ ETECH-502 Engineering Economy (3 hours)
__ FCS-230 Consumer Education and Personal Finance (3 hours)
__ GT-190 Introduction to Technological Systems (2 hours)
__ GT-350 Technology and Civilization (3 hours)
__ NURS-303 Introduction to Public Health (3 hours)
__ PHIL-105 Ethics (3 hours)
__ PHIL-112 Biomedical Ethics (3 hours)
__ PHIL-113 Business Ethics (3 hours)
__ PHIL-114 Environmental Ethics (3 hours)
__ POLS-101 U.S. Politics (3 hours)
__ WGS-200 Introduction to Women's Studies (3 hours)

E4 - Scientific Inquiry
__ MFGET-263 Manufacturing Methods I (2 hours)
__ MFGET-268 Manufacturing Methods I Laboratory (1 hour)
F - Natural World (4-5 hours)

**F0 - No Companion**

__BIOL-617 Environmental Health (3 hours)

**F4 - Scientific Inquiry**

__BIOL-111 General Biology (3 hours)
and __BIOL-112 General Biology Laboratory (2 hours)
__BIOL-113 Environmental Life Science (4 hours)
__BIOL-211 Principles of Biology I (4 hours)
__CHEM-105 Introductory Chemistry (3 hours)
__CHEM-215 General Chemistry I (3 hours)
__PHYS-100 College Physics I (4 hours)
or __PHYS-104 Engineering Physics I (4 hours)
__PHYS-130 Elementary Physics Laboratory I (1 hour)
__PHYS-160 Physical Geology (3 hours)
and __PHYS-165 Physical Geology Laboratory (1 hour)
__PHYS-166 Meteorology (3 hours)
and __PHYS-167 Meteorology Laboratory (1 hour)
__PHYS-171 Physical Science (3 hours)
and __PHYS-172 Physical Science Laboratory (1 hour)
__PHYS-175 Descriptive Astronomy (3 hours)
and __PHYS-176 Astronomy Laboratory (1 hour)
__PHYS-375 Solar System Astronomy (3 hours)

G - Wellness Strategies (4-6 hours)

**G0 - No Companion**

__EXSCI-200 Introduction to Exercise Science (1 hour)
__FCS-203 Nutrition and Health (3 hours)
__HHP-150 Lifetime Fitness Concepts (1 hour)

**G3 - Non-Verbal and Creative Expression**

__DANCE-200 Dance (___) (1-3 hours)

**G4 - Scientific Inquiry**

__PSYCH-155 General Psychology (3 hours)

H - Gorilla Gateway

**H0 - No Companion**

__UGS-150 Gorilla Gateway (2)

I - Pathway Elective (3 hours)

*See notes *7

Notes *7: Elective can be from any D,E,F, or G Essential Studies and can be from the same prefix as major or repeat of prefix used in Essential Studies.