

# Exercise Science – Exercise Physiology Track

## Bachelor of Science (BS.EXSC)

Core Requirements			Credits	Notes/Instructions
College Sem.	Quest for Meaning	CSEM 100	3	†A student may be required to take ENGL 105 and/or MATH 100 based on placement exams administered prior to their first semester at King's College. ENGL 105 and MATH 100 are 3-credit courses and will count as free electives. †† The Intercultural Competence requirement can be satisfied by taking a 100-level language class for 3 credits or participating in an approved Study Abroad experience. <b>SBM</b> = Satisfied By Major requirement(s) and credit(s) listed below.
Communication & Creative Expression	Writing	ENGL 110†	3	
	Oral Communication	COMM 101	3	
	Literature	ENGL 140-149	3	
	The Arts	ARTS 100-149	3	
Citizenship	History	HIST 100-149	3	
	Intercultural	FREN/GERM/SPAN 100-level or Study Abroad††	3	
	Global Connections	ECON 150-199; GEOG 150-199; HIST 150-199; PS 150-199; SOC 150-199	3	
Quantitative & Scientific Reasoning	SBM Quantitative Reasoning	MATH 120+ or higher level ( <b>MATH 126</b> )	-	
	SBM Scientific Endeavor	NSCI 100	-	
	SBM Science in Context	NSCI 171-199	-	
	SBM Human Beh. & Soc. Inst	ECON 111, 112; GEOG 101, 102; PS 101, <b>PSYC 101, SOC 101</b>	-	
Wisdom, Faith, & the Good Life	Introduction to Phil.	PHIL 101	3	
	Phil. Investigations	PHIL 170-199; MSB 287	3	
	Theology & Wisdom	THEO 150-159	3	
	Theology & the Good Life	THEO 160-169	3	
<b>Total Core Credits</b>			<b>36</b>	

Major Requirements	Credits	Major Requirements	Credits	Other Requirements	Credits
EXSC 101	3	BIOL 113	3	HCE 101 Holy Cross Exp.	1
EXSC 150	3	BIOL 113L	1		
EXSC 280	3	BIOL 210 <sup>PR</sup>	3		
EXSC 290	3	BIOL 210L <sup>PR</sup>	1		
EXSC 309 <sup>PR</sup>	3	BIOL 219	3		
EXSC 310 <sup>PR</sup>	3	BIOL 219L	1		
EXSC 310L <sup>PR</sup>	1	BIOL 220 <sup>PR</sup>	3		
EXSC 320	3	BIOL 220L <sup>PR</sup>	1		
EXSC 325	3	CHEM 113 <sup>2</sup>	3		
EXSC 330	3	CHEM 113L	1		
EXSC 400 <sup>PR</sup>	3	CHEM 114 <sup>2,PR</sup>	3		
EXSC 400L <sup>PR</sup>	1	CHEM 114L <sup>PR</sup>	1		
EXSC 450/460 <sup>PR</sup>	2	MATH 126 <sup>2,5</sup>	3		
EXSC 480 <sup>PR</sup>	2	PHYS 111	3		
EXSC 499 <sup>PR</sup>	3	PHYS 111L	1		
		PHYS 112 <sup>PR</sup>	3		
		PHYS 112L <sup>PR</sup>	1		
		PSYC 101	3		
		PSYC 340	3		
		PSYC 351	3		
		SOC 101 <sup>2,4</sup>	3		
<b>Total Major Credits</b>		<b>39</b>	<b>Total Major Credits</b>		<b>47</b>
			<b>Total Other Credits</b>		<b>1</b>

**Total Credits Required for Graduation = 123**

### General Information:

A student must earn a minimum of 120 credit hours to be awarded the baccalaureate degree. The number of credit hours required for graduation may be higher in certain major programs or if the student elects to pursue a second major. Beyond the requirements of the Core Curriculum and of a student's chosen major program, the balances of the credit hours required for graduation are "free electives."

## Exercise Science – Exercise Physiology Track

### Suggested Sequence

A suggested course sequence of degree requirements is listed below. Refer to the college catalog for course titles, descriptions, and prerequisites. Always consult your Academic Advisor when planning and scheduling your classes.

Fall 2019		Credits	Spring 2020		Credits
EXSC 101 Intro. to Exercise Science		3	EXSC 150 Prev., Treat., & Emerg. Care of Inj.		3
CHEM 113 <sup>2</sup> General Chemistry I		3	CHEM 114 <sup>2,PR</sup> General Chemistry II		3
CHEM 113L General Chemistry I Lab		1	CHEM 114L <sup>PR</sup> General Chemistry II Lab		1
SOC 101 <sup>2,4</sup> Intro to Sociology		3	PSYC 101 Introduction to Psychology		3
Core Course <sup>1</sup>		3	Core Course <sup>1</sup>		3
HCE 101 Holy Cross Experience		1	Core Course <sup>1</sup>		3
<b>Student may take an additional course up to 17 credits</b>		<b>14</b>			<b>16</b>
Summer 2020		Credits			
Fall 2020		Credits	Spring 2021		Credits
BIOL 219 Anatomy & Physiology I		3	EXSC 280 Clinical Kinesiology & Anatomy		3
BIOL 219L Anatomy & Physiology I Lab		1	EXSC 290 Exercise Physiology		3
PHYS 111 Physics for the Life Sciences I		3	BIOL 220 <sup>PR</sup> Anatomy & Physiology II		3
PHYS 111L Physics for the Life Sciences I Lab		1	BIOL 220L <sup>PR</sup> Anatomy & Physiology II Lab		1
Core Course <sup>1</sup>		3	PHYS 112 <sup>PR</sup> Physics for the Life Sciences II		3
Core Course <sup>1</sup>		3	PHYS 112L <sup>PR</sup> Physics for the Life Sciences II Lab		1
Core Course <sup>1</sup>		3			
		<b>17</b>			<b>14</b>
Summer 2021		Credits			
Fall 2021		Credits	Spring 2022		Credits
EXSC 309 <sup>PR</sup> Electrocardiology		3	EXSC 310 <sup>PR</sup> Assess. & Measurements in Exercise		3
EXSC 330 <sup>PR</sup> Alternative Methods of Exercise		3	EXSC 310L <sup>PR</sup> Assess. & Measurements in Ex. Lab		1
BIOL 113 Evolution & Diversity		3	EXSC 320 <sup>PR</sup> Exercise & Special Populations		3
BIOL 113L Evolution & Diversity Lab		1	EXSC 325 Nutrition and the Athlete		3
Core Course <sup>1</sup>		3	BIOL 210 <sup>PR</sup> Organisms & Their Ecosystems		3
Core Course <sup>1</sup>		3	BIOL 210L <sup>PR</sup> Organisms & Their Ecosystems Lab		1
		<b>16</b>	MATH 126 <sup>2,5</sup> Introduction to Statistics		3
					<b>17</b>
Summer 2022		Credits			
Fall 2022		Credits	Spring 2023		Credits
EXSC 400 <sup>PR</sup> Science of Strength & Conditioning		3	EXSC 450/460 <sup>PR</sup> Applied S&C / Corr. Ex. Tr.		2
EXSC 400L <sup>PR</sup> Science of Strength & Cond. Lab		1	EXSC 499 <sup>PR</sup> Field Experience/Internship		3
EXSC 480 <sup>PR</sup> Research & Design		2	PSYC 340 Health Psychology		3
PSYC 351 Psychopathology		3	Core Course <sup>1</sup>		3
Core Course <sup>1</sup>		3	Core Course <sup>1</sup>		3
Core Course <sup>1</sup>		3			
		<b>15</b>			<b>14</b>
<b>Total Credits Required for Graduation = 123</b>					

#### NOTES:

<sup>1</sup>Choose one course from each of the Core Requirements listed on the reverse side.

<sup>2</sup>Course may satisfy both a Major and a Core requirement. CHEM 113 and CHEM 114 satisfy the Scientific Endeavor and Science in Context Core requirements. MATH 126 will satisfy the Quantitative Reasoning Core requirement and SOC 101 will satisfy the Human Behavior & Social Institutions Core requirement

<sup>3</sup>A student may take up to 17 credits in the Spring or Fall semesters without being charged for an overload. A “free elective” can be taken for personal enrichment or of Minor and/or Second Major requirements.

<sup>4</sup>A student must take SOC 101 Intro to Sociology to graduate from the Exercise Science Program and it must be completed prior to the spring of junior year (3<sup>rd</sup> year). SOC 101 will satisfy the Human Behavior & Social Institution Core requirement.

<sup>5</sup>A student must take MATH 126 Intro to Statistics to graduate from the Exercise Science Program. MATH 126 will satisfy the Quantitative Reasoning Core requirement.

<sup>PR</sup> Course has a prerequisite – Consult college catalog for further information.