

Program Plan for _____ (student name), Exercise Science Major

All College:	Course:	Semester Planned:	Semester Completed:
FWS and FYS or MCC101			
MCC102			
Math Competency			
iComps – Tech Competency			
Language 101			
Language 102			
Language 201			
Mode 1- Arts			
Mode 2-Culture			
Mode 3-QuantAnal			
Mode 4-ScientInq			
Mode 5-Social/Hist			
Mode 6-Psych/Ethic			

Exercise Science Courses	Semester Planned:	Semester Completed:
Biol 113 Intro Biol		
Biol 231 A&PI		
Biol 232 A&PII		
Biol 246 Found in Ex & Hlth		
Biol 332 Exerc Physiol		
Biol 350/370 (I) Ind Study**		
Biol 350/370 (II) Ind Study**		
Chem 111 (113) Intro Chem		
Chem 112 (114) Orgo I		
Math 118 (218) Stats		
Phys 110 Intro Physics		
Nutr 112 Fundament Nutr Science		
Psych 101 Intro Psych		
Psych 232 Health Psych		
SHS 361 Exer Assess & Prescr*		
SHS 362 Kinesiology**		
Elective from List***		
Elective from List		
CPR Certification		
First Aid Certification		

*this course counts as an elective for the accelerated DPT students

**these courses are replaced by PT courses during the 4th year, for accelerated DPT students: PT631, PT632 fulfills the Independent Learning Requirement, PT626 fulfills Kinesiology.

***Physics 111 counts toward an elective for the accelerated DPT students

Additional for DPT:	Semester Planned:	Completed:
Phys 111***		
30 hours PT volunteer exper.		

Indicate any courses you repeated: _____

Check that total unique credits = 127/128: _____

Undergraduate Pathway for combined BS Exercise Science / Doctorate Physical Therapy

Explanation of Highlighting

College Requirements (MCC, Language)

Modes (1 through 6)

Requirements for BS Exercise Science/DPT

	Fall	Spring	Summer
Freshman Year	1. FYW and FYS 2. Language 101 3. Biol 113 & lab Mode4 4. Chem 111 & lab	1. MCC 102 2. Language 102 3. Chem 112 & lab 4. Math 118 Mode 3 or Nutr 112 or Psych 101 Mode6 or general elective	
Sophomore Year	1. Lang 201 2. A&P I 3. Math 118 Mode 3 or Nutr 112 or Psych 101 Mode6 4. Elective in Mode1	1. A&P 2 2. Psych 101 or Nutr 112 3. Biol 246 & lab: Foundations in Exercise and Health 4. Mode5 elective	
Junior Year	1. Physics 110& lab 2. Psych 232 3. Biol 332: Exerc Phys& lab 4. Elective in Mode2	1. Physics 111& lab 2. SHS 361-Exercise Assessment and Prescription or ExSci elective 3. elective in any area 4. elective in any area CPR/AED and First Aid certification	PT622 Human Anatomy
Senior Year / and Year 1 Graduate Program	PT 600-02, 602, 610, 625, 630, 631,	PT 600-03, 603, 626, 632	

- Some prerequisite courses can also meet the requirement for a Mode, for example Psych 101 satisfies both Mode 6 as well as one of the requirements for Exercise Science and DPT.
- Most of the Biology, Math, Chemistry courses need to be taken in sequence. You have flexibility in how you arrange the other courses.

Majors select two electives to add to the core:

- Biol 221 and 221L: Microbiology and lab
- Physics 111 and 111L: Intro Physics II and lab (*DPT students take this*)
- Soci 241 Health, Illness and Society
- Soci 345 Health Care Systems and Policy (Soci 245 prereq)
- Soci 266, Sociology of Sports
- Nutrition 110 Sociocultural Implications Nutrition
- Chem 223 Intro to Biochem
- Nutr 311, Nutrient Metabolism (Chem 223 prereq)
- MCPHS BEH405A Mind-Body Medicine

Sample Undergraduate Pathway for BS Exercise Science

Explanation of Highlighting

College Requirements (MCC, Language)

Modes (1 through 6)

Requirements for BS Exercise Science

	Fall	Spring	Summer
Freshman Year	1. FYW and FYS 2. Language 101 3. Biol 113 & lab Mode4 4. Chem 111 & lab iComps on line tutorial	1. MCC 102 2. Language 102 3. Chem 112 & lab 4. Math 118 Mode 3 or Nutr 112 or Psych 101 Mode6 or General Elective	
Sophomore Year	1. Lang 201 2. A&P I 3. Math 118 Mode 3 or Nutr 112 or Psych 101 Mode6 4. Elective in Mode1	1. A&P 2 2. Psych 101 or Nutr 112 3. Biol 246 & lab: Foundations in Exercise and Health 4. Mode5 elective	
Junior Year	1. Biol 332: Exerc Phys& lab 2. General Elective 3. General Elective 4. Elective in Mode2	1. SHS 361-Exercise Assessment and Prescription 2. Psych 232 3. General Elective 4. General Elective CPR/AED and First Aid: LEAP programs	
Senior Year / and Year 1 Graduate Program	1. Biol 350 or 370: Ind Learning 2. Physics 110& lab 3. ExSci Elective 4. General Elective	1. SHS362 – Kinesiology 2. Biol 350 or 370: Ind Learning 3. ExSci Elective 4. General Elective	

- Some prerequisite courses also meet the requirement for a Mode: ex., Psych 101 satisfies Mode 6

Majors select two electives to add to the core:

- Biol 221 and 221L: Microbiology and lab
- Physics 111 and 111L: Intro Physics II and lab (*DPT students take this*)
- Soci 241 Health, Illness and Society
- Soci 345 Health Care Systems and Policy (Soci 245 prereq)
- Soci 266, Sociology of Sports
- Nutrition 110 Sociocultural Implications Nutrition
- Chem 223 Intro to Biochem
- Nutr 311, Nutrient Metabolism (Chem 223 prereq)
- MCPHS BEH405A Mind-Body Medicine