

Program

Exercise Science - Rehabilitative Science Emphasis Roadmap

Bachelor of Science: Exercise Science - Rehabilitative Science Emphasis

Total Credits 120 Catalog 2022-23

The plan below is **one** of several possible ways for you to complete this degree.

Your individualized plan may look different if you have already fulfilled some requirements.

Your Financial Aid Award may require additional term credits for full-time funding. You must complete all university and program requirements successfully to complete this degree (GPA, 120 credits, LASC, WI, residency)						
Tou must complete all unit	Curriculum	Course	Course Title	Credits	Take When	Total Credits
		-				120.00
1st Year						
Core Requirement:		HLTH 110	Personal Health and Wellness	3.00	1st Fall	17.00
Restricted Elective:	LASC 3	BIOL 115/115L	Organismal Biology w/Lab *recommend	4.00	1st Fall	
	First-Year Experience Course	FYE 101	First Year Experience	1.00	1st Fall	
	LASC 1B	ENGL 101	English Composition	3.00	1st Fall	
	LASC			3.00	1st Fall	
	LASC			3.00	1st Fall	
Core Requirement:		HLTH 125/AT 225	First Aid & CPR/AT Emergency Immediate Care	3.00	1st Spring	16.00
Restricted Elective:	LASC 3	BIOL 111/111L	Cell Biology *recommend	4.00	1st Spring	
	LASC 1A	COMM 100	Speech Communication	3.00	1st Spring	
	LASC			3.00	1st Spring	
	LASC/WI			3.00	1st Spring	
2nd Year						
Core Requirement:		HLTH 305	Introduction to Nutrition	3.00	2nd Fall	14.00
Core Requirement:		EXS 202	Strength & Conditioning Exercise Techniques	1.00	2nd Fall	11.00
Core Requirement:		EXS 320	Anatomical Kinesiology	3.00	2nd Fall	
	LASC 4	MATH 234	Intro to Probability & Statistics *recommend	3.00	2nd Fall	
	LASC 3	CHEM 150/150L	General Chemistry I w/Lab *recommend	4.00	2nd Fall	
Core Requirement:		EXS 311	Motor Learning	2.00	2nd Spring	15.00
Core Requirement:		AT 220	Care & Prevention of Injuries & Illnesses	3.00	2nd Spring	
Restricted Elective:		PSY 202	Developmental Psychology *recommend	3.00	2nd Spring	
	LASC/WI			3.00	2nd Spring	
	LASC 3	CHEM 210/210L	General Chemistry II w/Lab *recommend	4.00	2nd Spring	
3rd Year						
Core Requirement:		EXS 420	Biomechanics	3.00	3rd Fall	15.00
Core Requirement:		EXS 365	Exercise Program Design	3.00	3rd Fall	
Core Requirement:		EXS 302	Strength & Conditioning Program Design	2.00	3rd Fall	
Emphasis Course:		AT 321	Orthopaedic Clinical Assessment	3.00	3rd Fall	
Restricted Elective:		BIOL 323/323L	Human Anatomy and Lab *recommend	4.00	3rd Fall	
Core Requirement:		HLTH 330	Disease Prevention	2.00	3rd Spring	15.00
Emphasis Course:		AT 324	Therapeutic Exercise	3.00	3rd Spring	
Restricted Elective:		BIOL 349	Human Physiology and Lab *recommend	4.00	3rd Spring	
	LASC/WI			3.00	3rd Spring	
	LASC			3.00	3rd Spring	
4th Year						
Core Requirement:		EXS 421	Physiology of Exercise	3.00	4th Fall	16.00
Core Requirement:		EXS 473	Exercise Testing and Interpretation	3.00	4th Fall	
Core Requirement:	WI for major	EXS 310	Sport and Play in the US	3.00	4th Fall	
Restricted Elective:	LASC 3	PHYS 160	Physics I w/Algebra and Lab *recommend	4.00	4th Fall	
General Elective/Minor Co	ourse:			3.00	4th Fall	
Core Requirement:		EXS 469	Internship	3.00	4th Spring	12.00
Core Requirement:		EXS 402	Strength & Conditioning Practicum	1.00	4th Spring	
Restricted Elective:		PSY 463	Abnormal Psychology *recommend	3.00	4th Spring	
Restricted Elective:		PHYS 161	Physics II w/Algebra and Lab *recommend	4.00	4th Spring	
General Elective/Minor Co	ourse.		·	1.00	4th Spring	