

B.S. in Exercise Science Concentration in Pre-Physical Therapy (code s137)

Course Record Sheet - starting Fall 2021

Name _____ Sem/Yr entering Major _____

(Students are bound by the major, minor, and related requirements in the catalog for the academic year for which they are accepted into the major or minor).

Advisor _____ (Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet)

You MUST successfully complete a minimum of 120 credit hours in order to graduate.

GENERAL EDUCATION REQUIREMENTS

Category (# credit hours)	Title/Number of Course	Credit Hours	Semester /Year	Letter Grade or T
FIRST YEAR EXPERIENCE (4)	FYE 100D	4		
ACADEMIC FOUNDATIONS				
A. English Composition (6 or 7)	WRT 120 or 123 and one of the following:	3 or 4		
	WRT 200, 204, 205, 206, 208, or 220	3		
B. Mathematics (3)	MAT 121	3		
C. Interdisciplinary "I" (3)	KIN 246 (must take KIN 246 to satisfy both I and J requirements)	3		
D. Diverse Communities "J" (3)	KIN 246 (must take KIN 246 to satisfy both I and J requirements)			
DISTRIBUTIVE REQUIREMENTS				
A. Science (6)	See Related Requirements to fulfill these credits including BIO, CHE and PHY			
B. Behavioral / Social Sciences (6)	PSY 100 required	3		
	SOC 100 or 240 required	3		
C. Humanities (6) Select one course from HIS, LAN, LIT, or PHY for your 1 st Humanities requirement. Take PHI 180 as your 2 nd Humanities requirement.	History- HIS 100, 101, 102, 150, 151, 152, 444. Language – LAN 100. Literature- LIT 100, LIT 101, LIT 165, LIT 219, LIT 220, CLS 165, CLS 260, CLS 261. Physics – PHY 125	3		
	PHI 180	3		
D. Arts (3) See catalog for all approved courses.	Choose from these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA	3		
ADDITIONAL BACCALAUREATE REQUIREMENTS				
A. ETHICS REQUIREMENT	PHI 180 (also your 2 nd Humanities class)			
B. WRITING EMPHASIS COURSES "W" (9) See catalog for approved courses.	One "W" must be at the 300-400 level			"W" courses may also be used to satisfy other requirements.
All students entering WCU with fewer <u>than 40 credits</u> , must complete 9 credits of "W" classes		3		
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "W" classes</u> .		3		
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "W" class</u> .		3		
C. SPEAKING EMPHASIS COURSES "S" (9) See catalog for approved courses.	One "S" must be at the 300-400 level			"S" courses may also be used to satisfy other requirements.
All students entering WCU with fewer <u>than 40 credits</u> , must complete 9 credits of "S" classes	SPK 208 or 230 (3)	3		
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "S" classes</u> .	EXS 486 (3), required for major			
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "S" class</u> .	EXS 490 (3), required for major			

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RELATED REQUIREMENTS (Must be passed with a C- or better) Note: Six credit hours of science courses found in this section fulfill General Education Distributive Requirements in Science	Course Number	Credit Hours	Semester /Year	Letter Grade or T
General Biology	BIO 110	4		
Anatomy and Physiology I (pre-req BIO 110)	BIO 259	4		
Anatomy and Physiology II (pre-req BIO 259)	BIO 269	4		
General Chemistry and Lab I	CHE/CRL 103	4		
General Chemistry and Lab II	CHE/CRL 104	4		
General Physics I (lecture, lab, and discussion) or Physics I	PHY 130 or 170	4		
General Physics II (lecture, lab, and discussion) or Physics II	PHY 140 or 180	4		
Introduction to Medical Terminology and Drug Classifications	EXS 222	2		
Introduction to Nutrition	NTD 303	3		
Electives Under Advisement: To fulfill admission requirements of specific Physical Therapy schools for which the student is applying.				
CORE EXS COURSES (Must be passed with a C- or better)				
	Course Number	Credit Hours	Semester /Year	Letter Grade or T
Fundamentals of Group Exercise and Resistance Training	EXS 103	3		
Lifetime Fitness Concepts	EXS 180	3		
Kinetic Anatomy (pre-req BIO 259)	EXS 223	2		
Motor Learning	EXS 270	3		
The Exercise Science Profession (pre-req EXS 180)	EXS 280	1		
Biomechanics (pre-req PHY 100 or 130 and EXS 223)	EXS 362	3		
Biomechanics Laboratory (taken concurrently with EXS 362)	EXL 362	1		
Sport and Exercise Psychology (pre-req PSY 100 and EXS 270)	EXS 375	3		
Exercise Physiology (pre-req BIO 269 and EXS 180)	EXS 380	3		
Exercise Physiology Laboratory (taken concurrently with EXS 380)	EXL 380	1		
Fitness Assessment – Exercise Prescription (pre-req EXS/EXL 380)	EXS 381	3		
Fitness Assessment – Exercise Prescription Laboratory (taken concurrently with EXS 381)	EXL 381	1		
Strength Training and Conditioning (pre-req EXS/EXL 362 and EXS/EXL 380)	EXS 482	3		
Strength Training and Conditioning Laboratory (taken concurrently with EXS 482)	EXL 482	1		
Organization and Management of Adult Fitness Programs Clinic/Seminar (pre-req EXS/EXL 381)	EXS 484	3		
Exercise Prescription – Special Population (pre-req EXS/EXL 381)	EXS 486	3		
Clinical Exercise Testing and Interpretation (pre-req EXS/EXL 381)	EXS 489	3		
Clinical Exercise Testing and Interpretation Laboratory (taken concurrently with EXS 489)	EXL 489	1		
Internship (CAPSTONE) MUST be taken in the last semester before graduation – capstone course. (Requires permission from Department. Performed under the supervision of an appropriately credentialed individual. *May not be repeated for credit.	EXS 490	3-6		