Grove City College Status Sheet

B.S. in Exercise Science (Health Professions) Entering in 2013

(10-28-13)

Status Sheets are provided as a convenience for the student and may be helpful for recording completed courses. However, the College Bulletin is the controlling authority on all requirements. Questions should be directed to your academic advisor or the Registrar. (WI)=Writing Intensive, (SI)=Speaking Intensive, (IL)=Information Literacy courses.

Name:_____ ID#:_____ Date:_____

Year of Anticipated Graduation: _____ Advisor:_____

TOTAL HOURS REQUIRED FOR THIS DEGREE……143 HOURS (137 hours if language waiver is granted)	*Minimum CQPA and MQPA required for graduation……2.00*
General Education + Elective Requirements……35 HOURS	*MQPA Courses……EXER*
	Major Requirements……108 HOURS

GENERAL EDUCATION REQUIREMENTS..... 35 HOURS

HUMANITIES CORE.....18 HOURS

	Cr.	Sem. Taken	Grade
HUMA 101 Civilization (IL)	3	_____	_____
HUMA 102 Biblical Revelation (IL)*	3	_____	_____
HUMA 201 Speculative Mind (WI) (IL)	3	_____	_____
HUMA 202 Literature	3	_____	_____
HUMA 301 Arts	3	_____	_____
HUMA 302 International Perspective	3	_____	_____

*The year-long sequence of Reli 211 and 212 may substitute for this course.

STUDIES IN SCIENCE, FAITH, & TECHNOLOGY (SSFT).....3 HOURS

Choose one course from the following:

SSFT 208 Science, Technology & Society

SSFT 210 Science & Religion

SSFT 212 Science, Faith, Technology & Origins

_____ 3 _____ _____

FOUNDATIONS OF THE SOCIAL SCIENCE.....3 HOURS

Choose one social science course from the following:

ECON 120 Foundations of Economics

HIST 120 Foundations of History

HIST 204 Hist/Phil Foundations of Education

POLS 101 Foundations of Political Science

PSYC 101 Foundations of Psychology

PSYC 200 Cross-Cultural Psychology

SOCI 101 Foundations of Sociology

SOCI 103 Foundations of Cultural Anthropology

_____ 3 _____ _____

QUANTITATIVE / LOGICAL REASONING.....3 HOURS

Refer to Bulletin – General Education section – for requirements.

_____ 3 _____ _____

NATURAL SCIENCES (with labs).....0 HOURS

College Requirements meet through major related course work

PHYSICAL EDUCATION.....2 HOURS

PHYE 101 (men) / 111 (women)	1	_____	_____
PHYE 102 (men) / 112 (women)	1	_____	_____

FOREIGN LANGUAGE ..... 6 HOURS*

Refer to Bulletin – General Education section – for requirements.

_____ ___ _____ _____

_____ ___ _____ _____

GENERAL ELECTIVES ..... 0 HOURS

_____ ___ _____ _____

_____ ___ _____ _____

EXERCISE SCIENCE REQUIREMENTS ..... 58 HOURS

	Cr.	Sem. Taken	Grade
EXER 101 Introduction to Exercise Science	2	_____	_____
EXER 220 Wellness Promotion & Prog.	3	_____	_____
EXER 221 Personal Training	2	_____	_____
EXER 235 Facility Management	2	_____	_____
EXER 251 Prevention and Care of Injuries	2	_____	_____
EXER 253 Anatomy & Physiology I	4	_____	_____
EXER 254 Nutrition in Sports and Exercise	3	_____	_____
EXER 256 Physiology of Exercise	4	_____	_____
EXER 258 Anatomy & Physiology II	4	_____	_____
EXER 302 Sports Psychology	3	_____	_____
EXER 304 Exercise Testing	3	_____	_____
EXER 306 Exercise Leadership *	2	_____	_____
EXER 307 Exercise Prescription (SI)	3	_____	_____
EXER 309 Biomechanics	3	_____	_____
EXER 331 Principles of Strength and Cond.	3	_____	_____
EXER 377 Research Methods (WI)(IL)	3	_____	_____
EXER 404 Professional Certification*	1	_____	_____
EXER 407 Research Practicum	3	_____	_____
EXER 411 Clinical Exercise Physiology	3	_____	_____
EXER 480 Internship *	5	_____	_____

AQUATICS ELECTIVES..... 2 HOURS

One course from the following:

EXER 210 Fitness Swimming

EXER 223 Lifeguarding *

_____ 2 _____ _____

* An additional fee is required for EXER 223, EXER 306, EXER 404 and EXER 480.

MAJOR RELATED REQUIREMENTS……15 HOURS

BIOL 101 General Biology I	4	_____	_____
CHEM 101 General Chemistry I	4	_____	_____
PHYS 121 College Physics I	4	_____	_____
PSYC 201 <u>or</u> MATH 201 <u>or</u> BUSI 201	3	_____	_____

HEALTH PROFESSIONS TRACK……33 HOURS

BIOL 102 General Biology II	4	_____	_____
BIOL 233 Intro to Genetics	3	_____	_____
BIOL 234 Cell Biology	4	_____	_____
BIOL 341 Mammalian Anatomy	4	_____	_____
BIOL 346 Mammalian Physiology	4	_____	_____
CHEM 102 General Chemistry II	4	_____	_____
PHYS 122 College Physics II	4	_____	_____
PSYC 209 Child Development	3	_____	_____
PSYC 211 Adult Development and Aging	3	_____	_____

SUGGESTED FOUR-YEAR PLAN
for the
EXERCISE SCIENCE MAJOR PURSUING HEALTH PROFESSIONS

Freshman Year

Fall	Credits	Spring	Credits
EXER 101 Introduction to Exercise Science	2	EXER 251 Prevention and Care of Injuries	2
BIOL 101 General Biology I	4	BIOL 102 General Biology II	4
CHEM 101 General Chemistry I	4	CHEM 102 General Chemistry II	4
HUMA 101 Civilization	3	HUMA 102 Civ/Biblical Revelation	3
PHYE 101 or 111 Fitness and Wellness	1	PHYE 102 or 112 Fitness and Wellness	1
Quantitative/Logical Reasoning	3	Foundation of Social Science	3
	17		17

Sophomore Year

Fall	Credits	Spring	Credits
EXER 221 Personal Training	2	EXER 235 Facility Management	2
EXER 253 Anatomy & Physiology I	4	EXER 258 Anatomy & Physiology II	4
EXER 306 Exercise Leadership	2	EXER 331 Principles of Strength and Cond.	3
BIOL 233 Intro to Genetics	3	BIOL 234 Cell Biology	4
HUMA 201 Civ/Speculative Mind	3	HUMA 202 Civ/Literature	3
PSYC 201 or MATH 201 or BUSA 201	3		
	17		16

Junior Year

Fall	Credits	Spring	Credits
EXER 256 Physiology of Exercise	4	EXER 254 Nutrition in Sports and Exercise	3
EXER 307 Exercise Prescription	3	EXER 304 Exercise Testing	3
EXER 377 Research Methods	3	EXER 407 Research Practicum	3
HUMA 301 Civ/The Arts	3	HUMA 302 Civ / Int'l Perspective	3
PHYS 121 College Physics I	4	PHYS 122 College Physics II	4
	17		16

Summer

EXER 480 Internship 5 hrs

Senior Year

Fall	Credits	Spring	Credits
EXER 309 Biomechanics	3	EXER 220 Wellness Promotion and Programming	3
EXER 404 Professional Certification	1	EXER 302 Sports Psychology	3
EXER 411 Clinical Exercise Physiology	3	BIOL 346 Mammalian Physiology	4
EXER Aquatics Elective	2	PSYC 211 Adult Development and Aging	3
BIOL 341 Mammalian Anatomy	4	SSFT Course	3
PSYC 209 Child Development	3		
	16		16

TOTAL CREDITS HOURS REQUIRED = 137 (if language waiver is received)

* No college credits are earned when a student receives a language waiver. When a waiver is earned, the credits currently assigned to foreign language study must be fulfilled through general electives of the student's choosing.