

Grove City College Status Sheet

B.S. in Exercise Science Entering in 2015 (3-19-2015)

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.....128 HOURS	Minimum CQPA and MQPA required for graduation.....2.50
General Education + Elective Requirements.....52 HOURS	MQPA Courses.....EXER
	Major Requirements.....76 HOURS

GENERAL EDUCATION REQUIREMENTS..... 40 HOURS

HUMANITIES CORE.....15 HOURS

	Cr.	Sem. Taken	Grade
HUMA 102 Biblical Revelation (IL)*	3	_____	_____
HUMA 200 Western Civilization	3	_____	_____
HUMA 202 Literature	3	_____	_____
HUMA 301 Arts	3	_____	_____
HUMA 303 Speculative Mind	3	_____	_____

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

WRITING REQUIREMENT..... 3 HOURS

WRIT 101 Foundations of Academic Discourse (IL)	_____	_____	_____
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STUDIES IN SCIENCE, FAITH, & TECHNOLOGY (SSFT) 3 HOURS

Choose one course from the following:

PHIL 243 Science and the Human: Inquiry			
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	_____	_____
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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 17 HOURS(*23 hours if language requirement waived)

_____	_____	_____	_____
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EXERCISE SCIENCE REQUIREMENTS..... 59 HOURS

	Cr.	Sem. Taken	Grade
EXER 101 Intro to Exercise Science	2	_____	_____
EXER 220 Wellness Promotion & Prog.	3	_____	_____
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 303 Exercise Psychology	3	_____	_____
EXER 304 Exercise Testing	3	_____	_____
EXER 306 Exercise Leadership *	2	_____	_____
EXER 307 Exercise Prescription (SI)	3	_____	_____
EXER 309 Biomechanics	3	_____	_____
EXER 312 Clinical Exercise Physiology	3	_____	_____
EXER 377 Research Methods (WI)(IL)	3	_____	_____
EXER 402 Health Fitness Specialist	3	_____	_____
EXER 403 Principles of Strength and Cond.	3	_____	_____
EXER 404 Professional Certification*	1	_____	_____
EXER 407 Research Practicum	3	_____	_____
EXER 480 Internship *	5	_____	_____

AQUATICS ELECTIVES..... 2 HOURS

One course from the following:

EXER 210 Fitness Swimming			
EXER 223 Lifeguarding *			

_____	2	_____	_____
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* 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 or MATH 201 or BUSI 201 (Statistical Methods)	3	_____	_____

SUGGESTED FOUR-YEAR PLAN
for the
EXERCISE SCIENCE MAJOR (EXER)

Freshman Year

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 101 Intro to Exercise Science	2	EXER 235 Facility Management	2
HUMA 102 Civ/Biblical Revelation	3	EXER 220 Wellness Promotion and Programming	3
CHEM 101 General Chemistry	4	WRIT 101 Foundations of Academic Discourse	3
PHYE 101 or 111 Fitness and Wellness	1	PHYE 102 or 112 Fitness and Wellness	1
General Electives	3	Foundation of Social Science	3
Foreign Language or General Electives	3	Foreign Language or General Electives	3
16		15	

Sophomore Year

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 253 Anatomy & Physiology I	4	EXER 251 Prevention and Care of Injuries	2
BIOL 101 General Biology	4	EXER 256 Physiology of Exercise	4
PSYC 201 or MATH 201 or BUSA 201	3	EXER 258 Anatomy & Physiology II	4
HUMA 200 Western Civilization	3	EXER Aquatics Elective	2
General Electives	2	SSFT Course	3
16		General Electives	2
16		17	

Junior Year

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 304 Exercise Testing	3	EXER 303 Exercise Psychology	3
EXER 307 Exercise Prescription	3	EXER 407 Research Practicum	3
EXER 254 Nutrition in Sports and Exercise	3	HUMA 202 Civ/Literature	3
EXER 377 Research Methods	3	HUMA 301 Civ/The Arts	3
PHYS 121 College Physics I	4	Quantitative/Logical Reasoning	3
16		15	

Summer

EXER 480 Internship 5 hrs

Senior Year

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 309 Biomechanics	3	EXER 402 Health Fitness Specialist	3
EXER 403 Principles of Strength and Cond.	3	EXER 404 Professional Certification	1
EXER 312 Clinical Exercise Physiology	3	HUMA 303 Speculative Mind	3
EXER 306 Exercise Leadership	2	General Electives	7
General Electives	3		
14		14	

TOTAL CREDITS HOURS REQUIRED = 128

* 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.