

Grove City College Status Sheet

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.

B.S. in Exercise Science Entering in 2019

(REVISED 06-01-19)

Name: _____

ID# _____

Year of Anticipated Graduation: _____

Date: _____

Advisor: _____

TOTAL HOURS REQUIRED FOR THIS DEGREE----- 128 HOURS

General Education + Elective Requirements----- 34-37 HOURS

GENERAL EDUCATION REQUIREMENTS----- 24 HOURS

HUMANITIES CORE----- 15 HOURS

	Cr.	Sem. Taken	Grade
HUMA 102 Civ and the Biblical Revelation (IL)*	3	_____	_____
HUMA 200 Western Civilization	3	_____	_____
HUMA 202 Civilization and Literature	3	_____	_____
HUMA 301 Civilization and the Arts	3	_____	_____
HUMA 303 Christianity and Civilization	3	_____	_____

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

WRITING REQUIREMENT----- 3 HOURS

WRIT 101 Found. of Academic Discourse (IL)	3	_____	_____
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STUDIES IN SCIENCE, FAITH, & TECHNOLOGY (SSFT)----- 2 HOURS

Choose one course from the following:

COMP 205/SSFT 205 Ethics, Faith, and the Conscious Mind			
PHIL 243 Science and the Human: Inquiry, Design, & the Person			
SSFT 210 Science & Religion			
SSFT 212 Science, Faith, Technology, & Origins			
	2	_____	_____

FOUNDATIONS OF THE SOCIAL SCIENCES----- 3 HOURS

Choose one course from the following:

ECON 120 Foundations of Economics	PSYC 101 Foundations of Psychology		
HIST 120 Foundations of History	PSYC 200 Cross-Cultural Psychology		
HIST 141 World Geography	SOCI 101 Foundations of Sociology		
HIST 204 Hist/Phil Foundations of Education	SOCI 103 Found. of Cultural Anthr.		
POLS 101 Foundations of Political Science	SOCW 101 Found. of Social Work		
		3	_____

QUANTITATIVE/LOGICAL REASONING----- 0 HOURS

College requirements met through major-related coursework.

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

College requirements met through major-related coursework.

PHYSICAL EDUCATION----- 1 HOURS

PHYE 100 Healthful Living	1	_____	_____
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GENERAL ELECTIVES----- 10-13 HOURS

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

MAJOR-RELATED REQUIREMENTS-----18-19 HOURS

BIOL 101 General Biology I	4	_____	_____
CHEM 101 General Chemistry I	4	_____	_____
MATH 111 Pre-Calculus OR MATH 161 Calculus I	3 - 4	_____	_____
PHYS 121 College Physics I	4	_____	_____
PSYC 201 Statistical Methods	3	_____	_____

Minimum CQPA and MQPA required for graduation-----CQPA: 2.00; MQPA: 2.50

MQPA Courses-----EXER

Major Requirements-----91-94 HOURS

EXERCISE SCIENCE CORE REQUIREMENTS----- 58 HOURS

	Cr.	Sem. Taken	Grade
EXER 101 Introduction to Exercise Science	2	_____	_____
EXER 203 Exercise and Sport Psychology	3	_____	_____
EXER 230 Introduction to Exercise Program Design	3	_____	_____
EXER 244 Nutrition and Health	3	_____	_____
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 304 Exercise Testing	3	_____	_____
EXER 306* Exercise Leadership	2	_____	_____
EXER 307 Exercise Prescription (SI)	3	_____	_____
EXER 309 Biomechanics	3	_____	_____
EXER 310 Functional Kinesiology	3	_____	_____
EXER 312 Clinical Exercise Physiology	3	_____	_____
EXER 313 Advanced Exercise Physiology	3	_____	_____
EXER 377 Research Methods in Exercise Science (WI)(IL)	3	_____	_____
EXER 404* Professional Certification and Seminar	1	_____	_____
EXER 407 Research Practicum	3	_____	_____
EXER 480* Internship	5	_____	_____

EXERCISE SCIENCE ELECTIVES-----15-17 HOURS

Choose 15 hours from the following Exercise Science electives or choose to complete one of the following concentrations:

Pre-Physical Therapy (16 hrs): BIOL 102, CHEM 102, PHYS 122, EXER 250, & one of PSYC 209 or 211.

Pre-Occupational Therapy (16-17hrs): PSYC 209, 211, SOCI 101, EXER 215, 250, & one of BIOL 102 or PSYC 312.

Athletic Training (15 hrs): EXER 215, 237, 251, 261, & three additional hours from the courses listed below.

Personal Training (16 hrs): EXER 220, 221, 240, 235, 402, & three additional hours from the courses listed below.

Strength & Conditioning (15 hrs): EXER 221, 240, 261, 403, & three additional hours from the courses listed below.

Physiological Sciences (15 hrs): EXER 237, 242, 245, 344, & three additional hours from the courses listed below.

EXER 102 Faith and Fitness	EXER 240 Dietary Supplements
EXER 201 Ethics in Sports	EXER 242 Prev/Treatment Chronic Diseases
EXER 205 Introduction to Sports Ministry	EXER 245 Exercise Neurobiology
EXER 210 Fitness Swimming	EXER 250 Introduction to PT and OT
EXER 215 Medical Terminology	EXER 251 Prevention and Care of Injuries
EXER 220 Wellness Promotion and Programming	EXER 261 Corrective Exercise Strategies
EXER 221 Personal Training	EXER 305 Basic Principles of Coaching
EXER 223* Red Cross Lifeguard Training	EXER 344 Life Cycle Nutrition
EXER 234 Introduction to Nutrition	EXER 402 Certified Exercise Physiologist
EXER 235 Facility Management	EXER 403 Prin. of Strength and Conditioning
EXER 237 Special Topics in Exercise Science	

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

SUGGESTED FOUR-YEAR PLAN for the BACHELOR OF SCIENCE IN EXERCISE SCIENCE

Freshman Year

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 101 Introduction to Exercise Science.....	2	EXER 203 Exercise and Sport Psychology.....	3
Exercise Science Elective.....	3	Exercise Science Elective.....	3
BIOL 101 General Biology I.....	4	MATH 111 Pre-calculus.....	3
CHEM 101 General Chemistry I.....	4	Foundations of Social Science Course.....	3
HUMA 102 Civ and the Biblical Revelation.....	<u>3</u>	WRIT 101 Foundations of Academic Discourse.....	3
	16	PHYE 100 Healthful Living.....	<u>1</u>
			16

Sophomore Year

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 230 Introduction to Exercise Program Design.....	3	EXER 256 Physiology of Exercise.....	4
EXER 244 Nutrition and Health.....	3	EXER 258 Anatomy & Physiology II.....	4
EXER 253 Anatomy & Physiology I.....	4	EXER 306 Exercise Leadership.....	2
HUMA 200 Western Civilization.....	3	Exercise Science Elective.....	3
PSYC 201 Statistical Methods.....	<u>3</u>	HUMA 202 Civilization and Literature.....	<u>3</u>
	16		16

Junior Year

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 307 Exercise Prescription.....	3	EXER 304 Exercise Testing.....	3
EXER 377 Research Methods in Exercise Science.....	3	EXER 310 Functional Kinesiology.....	3
General Elective.....	3	EXER 407 Research Practicum.....	3
PHYS 121 College Physics I.....	4	Exercise Science Elective.....	3
SSFT Course.....	<u>2</u>	HUMA 301 Civilization and the Arts.....	<u>3</u>
	15		15

Summer

EXER 480 Internship.....5 hours

Senior Year

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 254 Nutrition in Sport and Exercise.....	3	EXER 312 Clinical Exercise Physiology.....	3
EXER 309 Biomechanics.....	3	EXER 404 Professional Certification and Seminar.....	1
EXER 313 Advanced Exercise Physiology.....	3	Exercise Science Elective or General Elective.....	3
Exercise Science Elective.....	3	HUMA 303 Christianity and Civilization.....	3
General Elective.....	<u>3</u>	General Elective.....	<u>4</u>
	15		14

A total of at least 128 credits of coursework are required for graduation.