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 2020

(REVISED 03-01-2020)

Name: _____

ID# _____ **Date:** _____

Year of Anticipated Graduation: _____ **Advisor:** _____

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

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

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

MQPA Courses----------EXER

Major Requirements----------91-94 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		

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

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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

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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		

GENERAL ELECTIVES---------- 10-13 HOURS

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

BIOL 101	General Biology I	4		
CHEM 111	General Chemistry I	3		
CHEM 113	General Chemistry I Lab	1		
MATH 111	Pre-Calculus **OR** MATH 161 Calculus I	3 - 4		
PHYS 121	College Physics I	4		
PSYC 201	Statistical Methods	3		

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 listed below or choose to complete one of the following concentrations:

Athletic Training (16 hrs): EXER 215, 237, 249, 251, 261, & three additional hours from the courses listed below.
Coaching (15 hrs): EXER 201, 205, 251, 305, MNGT 312, & 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.
Physiological Sciences (15 hrs): EXER 237, 242, 245, 344, & three additional hours from the courses listed below.
Pre-Occupational Therapy (16-17hrs): PSYC 209, 211, SOCI 101, EXER 215, 250, & one of BIOL 102 or PSYC 312.
Pre-Physical Therapy (16 hrs): BIOL 102, CHEM 112 and 114, PHYS 122, EXER 250, & one of PSYC 209 or 211.
Strength & Conditioning (15 hrs): EXER 221, 240, 261, 403, & three additional hours from the courses listed below.

EXER 102 Faith and Fitness
EXER 134 Introduction to Nutrition
EXER 201 Ethics in Sports
EXER 205 Introduction to Sports Ministry
EXER 210 Fitness Swimming
EXER 215 Medical Terminology
EXER 220 Wellness Promotion and Programming
EXER 221 Personal Training
EXER 223* Red Cross Lifeguard Training
EXER 235 Facility Management
EXER 237 Special Topics in Exercise Science
EXER 240 Dietary Supplements
EXER 242 Prev/Treatment Chronic Diseases
EXER 245 Exercise Neurobiology
EXER 250 Introduction to PT and OT
EXER 251 Prevention and Care of Injuries
EXER 261 Corrective Exercise Strategies
EXER 305 Basic Principles of Coaching
EXER 344 Life Cycle Nutrition
EXER 402 Certified Exercise Physiologist
EXER 403 Prin. of Strength and Conditioning

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

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

Freshman Year

Fall	Credits	Spring	Credits
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 111 General Chemistry I	3	Foundations of Social Science Course	3
CHEM 113 General Chemistry I Lab	1	WRIT 101 Foundations of Academic Discourse	3
HUMA 102 Civ and the Biblical Revelation	3	PHYE 100 Healthful Living	1
	16		16

Sophomore Year

Fall	Credits	Spring	Credits
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	3	HUMA 202 Civilization and Literature	3
	16		16

Junior Year

Fall	Credits	Spring	Credits
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	2	HUMA 301 Civilization and the Arts	3
	15		15

Summer

EXER 480 Internship……5 hours

Senior Year

Fall	Credits	Spring	Credits
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	3	General Elective	4
	15		14

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