

# 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.

(W)=Writing Intensive, (SI)=Speaking Intensive, (IL)=Information Literacy courses.

## B.S. in Exercise Science Entering in 2022

(REVISED 01-01-2022)

Name: \_\_\_\_\_

ID# \_\_\_\_\_

Year of Anticipated Graduation: \_\_\_\_\_

Date: \_\_\_\_\_

Advisor: \_\_\_\_\_

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

**General Education + Elective Requirements----- 33-36 HOURS**

**GENERAL EDUCATION REQUIREMENTS----- 24 HOURS**

	Cr.	Sem. Taken	Grade
<b>HUMANITIES CORE----- 15 HOURS</b>			

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----- 9-12 HOURS**

**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 <b>OR</b> 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-----92-95 HOURS**

**EXERCISE SCIENCE CORE REQUIREMENTS----- 59 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	Diet, Exercise, and Chronic Disease	3	_____
EXER 313	Advanced Exercise Physiology	3	_____
EXER 377	Research Methods in Exercise Science (W)(IL)	3	_____
EXER 404*	Professional Certification and Seminar	1	_____
EXER 407	Research Practicum	4	_____
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 213, & three additional hours from the courses listed below.

**Personal Training** (16 hrs): EXER 220, 221, 240, 261, 402, & 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 134	Introduction to Nutrition	EXER 250	Introduction to PT and OT
EXER 201	Ethics in Sports	EXER 251	Prevention and Care of Injuries
EXER 202	Lifting Techniques	EXER 261	Corrective Exercise Strategies
EXER 205	Introduction to Sports Ministry	EXER 305	Basic Principles of Coaching
EXER 215	Medical Terminology	EXER 308	Tactical Strength and Conditioning
EXER 221	Personal Training	EXER 344	Life Cycle Nutrition
EXER 235	Facility Management	EXER 402	Certified Exercise Physiologist
EXER 237	Special Topics in Exercise Science	EXER 403	Prin. of Strength and Conditioning
EXER 240	Dietary Supplements		

\* 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**

<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 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.....	<u>3</u>	PHYE 100 Healthful Living.....	<u>1</u>
	16		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.....	4
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		16

**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 Diet, Exercise, and Chronic Disease.....	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.