

# B.S. in Exercise Science Concentration in Pre-Occupational Therapy (code s134) Spring 2016

Name \_\_\_\_\_ Sem/Yr entering Pre-OT \_\_\_\_\_

(Students are bound by the major, minor, and cognate requirements in the catalog for the academic year for which they are accepted into the major or minor.) Advisor \_\_\_\_\_ Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet.

## General Education Requirements

CATEGORY (# credit hours)	TITLE / NUMBER OF COURSE	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	Letter GRADE or "T"
<b>ACADEMIC FOUNDATIONS</b>				
<b>A. English Composition (6)</b>	WRT 120	3		
	one of the following: WRT 200, 204, 205, 206, 208, 220	3		
<b>B. Mathematics (3)</b>	MAT 121 Statistics with lab MTL 121 Lab is suggested but not mandatory (1)	3		
<b>C. Public Speaking (3)</b>	SPK 208 or 230	3		
<b>D. Diverse Communities "J" (3)</b> See catalog for approved courses. <i>At no time can any J course substitute within the ACADEMIC FOUNDATIONS area. No single course may fulfill both "I" and "J" requirements.</i>	KIN 246 Sport, Culture and Society suggested as either J or I course. KIN 254 Psychosocial Aspects of Phys Dis suggested J course for Pre-OT's	3		
<b>E. Interdisciplinary "I" (3)</b> See catalog for approved courses.	KIN 246 Sport, Culture and Society suggested as either J or I course.	3		
<b>DISTRIBUTIVE REQUIREMENTS</b>				
<b>A. Science (6 min)</b>	See Related Requirements for specific concentration's requirements			
<b>B. Behavioral / Social Sciences (6)</b>	PSY 100	3		
	SOC 200	3		
<b>C. Humanities (6)</b>	Select from at least <u>two</u> of the following areas: <u>Literature</u> --LIT 100, LIT 165, CLS 165, CLS 260, CLS 261 <u>History</u> --HIS 100, 101, 102, 150, 151, 152 <u>Philosophy</u> --PHI 100, 101, 180	3		
		3		
<b>D. The Arts (3)</b>	Any courses from art, film, theater, cinematography, dance, music, photography	3		
<b>STUDENT ELECTIVES (9)</b>	<b>Transferred</b> courses or courses in your selected <b>minor</b> may be used in this category.			
<b>WRITING EMPHASIS COURSES "W" (9)</b> <i>(W's may overlap other required courses. Otherwise, this requirement will add 9 cr hours to your total # of cr hrs in order to graduate.)</i>	<u>WRT</u> 120, 200, 204, 205, 206, 208, or 220 do <u>not</u> count as writing emphasis courses.			
All students who take their entire GEN ED program at WCU, or transfer fewer than 40 credits, must complete 3 W's	<i>(one W must be at the 300 level)</i> W			
Transfer students: 40 – 70 T credits must complete 2 W's	W			
Transfer students: > 70 T credits must complete 1 W	W			

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RELATED REQUIREMENTS	Course #	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	GRADE OR "T"
<b>Note: Six credit hours of science courses found in this section fulfill the General Education Distributive Requirements in Science</b>				
Anatomy and Physiology I	BIO 259	4		
Anatomy and Physiology II	BIO 269	4		
Chemistry and Lab	CHE/CRL 107 or CHE 103/CRL 103	5 or 4		
Physics	PHY 100 or above	3		
Introduction to Medical Terminology and Drug Classifications	EXS 222	2		
Introduction to Nutrition	NTD 303	3		
Developmental Psychology	PSY 210	3		
Abnormal Psychology	PSY 375	3		
<b>ELECTIVES UNDER ADVISEMENT</b> (To fulfill admission requirements of specific OT schools for which the student is applying.)				
<b>CORE EXS COURSES</b> (Must be passed with a C- or better) <b>Note: All students are required to maintain current CPR and First Aid Certifications in order to enroll in EXS classes.</b>				
Group Exercise Leadership	EXS 101	2		
Fundamentals of Resistance Training Techniques	EXS 102	2		
Lifetime Fitness Concepts	EXS 180	3		
Kinetic Anatomy	EXS 223	2		
Biomechanics (prereq EXS BIO 259, PHY 100 or 130)	EXS 262	3		
Biomechanics Lab (taken concurrently with EXS 262)	EXL 262	1		
Motor Learning (prereq BIO 259)	EXS 370	3		
Exercise Psychology (prereq EXS 370 and PSY 100, or permission of instructor)	EXS 375	3		
Exercise Physiology (prereq BIO 269 and EXS 180)	EXS 380	3		
Exercise Physiology Lab (prereq concurrently with EXS 380 or prior enrollment in EXS 380)	EXL 380	1		
Fitness Assessment & Exercise Prescription (prereq EXS 375 & EXS/EXL 380)	EXS 381	4		
Exercise Techniques & Physical Conditioning (prereq EXS/EXL 262 & EXS/EXL 380)	EXS 482	4		
Organization and Management of Adult Fitness Programs Clinic/Seminar (prereq EXS 381 or permission of instructor)	EXS 484	3		
Exercise Prescription for Special Populations (prereq EXS 381)	EXS 486	3		
Clinical Exercise Testing and Prescription (prereq EXS 381)	EXS 489	4		
INTERNSHIP: The capstone course taken in the last semester before graduation (Permission of Department and under the supervision of a licensed OT). May not be repeated for credit.*	EXS 490	3		
*EXS 491 Internship II may be taken as an <b>elective</b> if approved by advisor.	EXS 491	1 - 6		