West Chester University B. S. in Exercise Science – Exercise Science Specialist Concentration through the Honors College Advisement Sheet

Effective for students entering Spring '26 and later.

Indicate all the courses you have taken at WCU or transferred for credit. For completed courses, also list the grades. Mark an asterisk (*) beside courses you are currently taking.

Students must maintain a grade of "C-" or better in all exercise science core courses.

I. EXERCISE SCIENCE

A. Required Courses (45 credits)

PSY 100 ____ (Introduction to Psychology
EXS 103____ (Fundamentals of Group Exercise and Resistance Training)
EXS 180 ____ (Lifetime Fitness Concepts)
EXS 223____ (Kinetic Anatomy)
EXS 270 ____ (Motor Learning)
EXS 280____ (The Exercise Science Profession)
EXS 362 ____ (Biomechanics)
EXL 362 ____ (Biomechanics Laboratory)
EXS 375 ____ (Sport and Exercise Psychology)
EXS 380 ____ (Exercise Physiology)
EXL 380 ____ (Exercise Physiology Lab)
EXS 381 ____ (Fitness Assessment – Exercise Prescription)
EXL 381 ____ (Fitness Assessment – Exercise Prescription Lab)
EXS 482 ____ (Strength Training and Conditioning)
EXL 482 ____ (Strength Training and Conditioning Laboratory)
EXS 484 ____ (Organization and Management of Adult Fitness Programs Clinic/Seminar)
EXS 486 ____ (Exercise Prescription – Special Population)
EXS 489 ____ (Clinical Exercise Testing and Interpretation)
EXL 489 ____ (Clinical Exercise Testing and Interpretation Laboratory)

B. Related/Cognate Requirements (11 credits)

BIO 259 ____ (Human Anatomy and Physiology I)
BIO 269 ____ (Human Anatomy and Physiology II)
NTD 303 ____ (Introductory Principles Human Nutrition)

C. Capstone Requirement (3 credits)

EXS 490 ____ (Internship)

D. Exercise Science Specialist Concentration Requirements (13 credits)

BIO 100 ____ (Basic Biological Science)
OR
BIO 110 ____ (General Biology I)
CHE 107 ____ (General Chemistry for Allied Health Sciences)
OR
CHE 103 ____ (General Chemistry I)
CRL 107 ____ (General Chemistry Lab for Allied Health Sciences)
OR
CRL 103 ____ (General Chemistry Lab)
PHY 100 ____ (Elements of Physical Science)
SMD 271 ____ (First Aid and Athletic Training)
OR
SMD 204 ____ (First Aid for Health Professionals)

II. HONORS COLLEGE CORE SEQUENCE for GEN ED (27 credits)

HON 100 _____ (Self Awareness)
HON 211 _____ (Public Discourse)
HON 212 _____ (Ethics & Technology)
HON 310 _____ (Community Change)
HON 311 _____ (Stewardship/Civic Responsibility)
HON 312 _____ (Educational Systems)
or
HON 322 _____ (Leader. With ELLs)
HON 313 _____ (Public Opinion)
HON 314 _____ (Environ. Systems)
HON 315 _____ (Community & Arts)
SCIENCE ____ __x___
MAT ___ __x___

III. ADDITIONAL HONORS COLLEGE REQUIREMENTS (9 credits)

A) Two HON seminars at the 320 level or above (except 322)

HON _____ _____
HON _____ _____

B) Capstone Project^

HON 490 _____

^NOTE: ***Enrollment upon core completion***: ideally 6th or 7th semester.

IV. DIRECTED ELECTIVES

Take enough directed electives to complete 120 credits. The actual number of electives required will vary depending upon (among other things) the option to complete a minor(s) and the number of courses the student must take to complete the foreign language requirement.

Bring this sheet with you whenever you meet with your advisor about scheduling or course planning!

(Revised Spring 2026)