

# B.S. in Exercise Science Concentration in Pre-Chiropractic (code s133)

## Fall 2018 and forward

**Name** \_\_\_\_\_ **Sem/Yr entering Major** \_\_\_\_\_  
*(Students are bound by the major, minor, and related 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 with you to your meeting)*

**You MUST successfully complete a minimum of 120 credit hours in order to graduate.**

### GENERAL EDUCATION REQUIREMENTS

Category (# credit hours)	Title/Number of Course	Credit Hours	Semester/ Year	Letter Grade or "T"
<b>ACADEMIC FOUNDATIONS</b>				
<b>A. English Composition (6)</b>	WRT 120 and	3		
	one of the following: WRT 200, 204, 205, 206, 208, or 220	3		
<b>B. Mathematics (3)</b>	MAT 121	3		
<b>C. Public Speaking (3)</b>	SPK 208 or 230	3		
<b>D. Diverse Communities "J" (3)</b> See catalog for approved courses.	Suggested KIN 246 Sport, Culture, and Society or KIN 254 Disability Studies	3		
<b>E. Interdisciplinary "I" (3)</b> See catalog for approved courses.	Suggested KIN 246 Sport, Culture, and Society	3		
<b>DISTRIBUTIVE REQUIREMENTS</b>				
<b>A. Science (6)</b>	See Related Requirements to fulfill these credits			
<b>B. Behavioral / Social Sciences (6)</b>	PSY 100	3		
	SOC 200 or 240	3		
<b>C. Humanities (6)</b>	Select from <u>two</u> of the three following areas: <b>Literature</b> - LIT 100, LIT 165, CLS 165, CLS 260, CLS 261	3		
	<b>History</b> - HIS 100, 101, 102, 150, 151, 152	3		
	<b>Philosophy</b> - PHI 100, 101, 180			
<b>D. Arts (3)</b> See catalog for approved courses.	ARH, ART, DAN, FLM, MHL, MTC, THA	3		
<b>Student Electives</b>				
<b>WRITING EMPHASIS COURSES "W" (9)</b> WRT 120, 200, 204, 205, 206, 208, or 220 do <u>not</u> count as writing emphasis courses <b>Consider "double dipping" – look for "W" classes that also fulfill "J", "I", humanities, art or other course requirements.</b>				
All students who take their entire GEN ED program at WCU, or transfer fewer <u>than 40 credits, must complete 3 W's.</u> Transfer students: 40-70 T credits must <u>complete 2 W's</u> Transfer students: >70 T credits must <u>complete 1 W.</u>	<i>(one W must be at the 300 level)</i> W	3		
	W	3		
	W	3		

*Effective Fall 2018*

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<b>RELATED REQUIREMENTS</b> <b>(Must be passed with a C- or better)</b> <b>Note: Six credit hours of science courses found in this section fulfill General Education Distributive Requirements in Science</b>		Course Number	Credit Hours	Semester/Year	Letter Grade or "T"
General Biology		BIO 110	3		
Anatomy and Physiology I (pre-req BIO 110)		BIO 259	4		
Anatomy and Physiology II (pre-req BIO 259)		BIO 269	4		
General Chemistry and Lab I		CHE/CRL 103	4		
General Chemistry and Lab II		CHE/CRL 104	4		
General Physics I (lecture, lab, and discussion)		PHY 130	4		
General Physics II (lecture, lab, and discussion)		PHY 140	4		
Introduction to Medical Terminology and Drug Classifications		EXS 222	2		
Introduction to Nutrition		NTD 303	3		
<b>Other related admission requirements</b> of specific Chiropractic programs may include the following (check with the schools you are applying to):					
Organic Chemistry I-II (co-req or pre-req CRL 104 and CHE 231. CRL 231 must precede CRL 232)		CHE/CRL 231 CHE/CRL 232	4/2 4/2		
Biochemistry (pre-req CHE 232)		CHE 476	3		
<b>CORE EXS COURSES</b> <b>(Must be passed with a C- or better)</b>					
Fundamentals of Group Exercise and Resistance Training		EXS 103	3		
Lifetime Fitness Concepts		EXS 180	3		
Motor Learning		EXS 270	3		
Kinetic Anatomy (pre-req BIO 259)		EXS 223	2		
The Exercise Science Profession (pre-req EXS 180)		EXS 280	1		
Biomechanics (pre-req PHY 100/130 and EXS 223)		EXS 362	3		
Biomechanics Laboratory (taken concurrently with EXS 362)		EXL 362	1		
Sport and Exercise Psychology (pre-req PSY 100 and EXS 270)		EXS 375	3		
Exercise Physiology (pre-req BIO 269 and EXS 180)		EXS 380	3		
Exercise Physiology Laboratory (taken concurrently with EXS 380)		EXL 380	1		
Fitness Assessment – Exercise Prescription (pre-req EXS/EXL 380)		EXS 381	3		
Fitness Assessment – Exercise Prescription Laboratory (taken concurrently with EXS 381)		EXL 381	1		
Strength Training and Conditioning (pre-req EXS/EXL 362 and EXS/EXL 380)		EXS 482	4		
Organization and Management of Adult Fitness Programs Clinic/Seminar (pre-req EXS/EXL 381)		EXS 484	3		
Exercise Prescription – Special Population (pre-req EXS/EXL 381)		EXS 486	3		
Clinical Exercise Testing and Interpretation (pre-req EXS/EXL 381)		EXS 489	3		
Clinical Exercise Testing and Interpretation Laboratory (taken concurrently with EXS 489)		EXL 489	1		
Internship MUST be taken in the last semester before graduation – capstone course. (Requires permission from Department under the supervision of a licensed chiropractor). *May not be repeated for credit.		EXS 490	3-6		

Notes: \_\_\_\_\_