

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

## Course Record Sheet - starting Fall 2021

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)

**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>FIRST YEAR EXPERIENCE (4)</b>	FYE 100D	<b>4</b>		
<b>ACADEMIC FOUNDATIONS</b>				
<b>A. English Composition (6 or 7)</b>	WRT 120 or 123 and one of the following: WRT 200, 204, 205, 206, 208, or 220	<b>3 or 4</b> <b>3</b>		
<b>B. Mathematics (3)</b>	MAT 121	<b>3</b>		
<b>C. Interdisciplinary "I" (3)</b>	KIN 246 (must take KIN 246 to satisfy both I and J requirements)	<b>3</b>		
<b>D. Diverse Communities "J" (3)</b>	KIN 246 (must take KIN 246 to satisfy both I and J requirements)			
<b>DISTRIBUTIVE REQUIREMENTS</b>				
<b>A. Science (6)</b>	<b>See Related Requirements to fulfill these credits</b> including BIO, CHE and PHY			
<b>B. Behavioral / Social Sciences (6)</b>	PSY 100 required	<b>3</b>		
	SOC 100 or 240 required	<b>3</b>		
<b>C. Humanities (6)</b> Select one course from HIS, LAN, LIT, or PHY for your 1 <sup>st</sup> Humanities requirement. Take PHI 180 as your 2 <sup>nd</sup> Humanities requirement.	<b>History-</b> HIS 100, 101, 102, 150, 151, 152, 444. <b>Language</b> – LAN 100. <b>Literature-</b> LIT 100, LIT 101, LIT 165, LIT 219, LIT 220, CLS 165, CLS 260, CLS 261. <b>Physics</b> – PHY 125	<b>3</b>		
	PHI 180	<b>3</b>		
<b>D. Arts (3)</b> See catalog for all approved courses.	Choose from these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA	<b>3</b>		
<b>ADDITIONAL BACCALAUREATE REQUIREMENTS</b>				
<b>A. ETHICS REQUIREMENT</b>	PHI 180 (also your 2 <sup>nd</sup> Humanities class)	<b>3</b>		
<b>B. WRITING EMPHASIS COURSES "W" (9)</b> See catalog for approved courses.	<b>One "W" must be at the 300-400 level</b>	<b>"W" courses may also be used to satisfy other requirements.</b>		
All students entering WCU with fewer <u>than 40 credits</u> , must complete 9 credits of "W" classes		<b>3</b>		
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "W" classes</u> .		<b>3</b>		
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "W" class</u> .		<b>3</b>		
<b>C. SPEAKING EMPHASIS COURSES "S" (9)</b> See catalog for approved courses.	<b>One "S" must be at the 300-400 level</b>	<b>"S" courses may also be used to satisfy other requirements.</b>		
All students entering WCU with fewer <u>than 40 credits</u> , must complete 9 credits of "S" classes	SPK 208 or 230 (3)	<b>3</b>		
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "S" classes</u> .	<b>EXS 486 (3), required for major</b>			
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "S" class</u> .	<b>EXS 490 (3), required for major</b>			

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**starting Fall 2021**

<b>RELATED REQUIREMENTS (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>	<b>Course Number</b>	<b>Credit Hours</b>	<b>Semester /Year</b>	<b>Letter Grade or T</b>
General Biology	BIO 110	4		
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) or Physics I	PHY 130 or 170	4		
General Physics II (lecture, lab, and discussion) or Physics II	PHY 140 or 180	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. (The student is responsible to check with the schools they 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 (Must be passed with a C- or better)</b>	<b>Course Number</b>	<b>Credit Hours</b>	<b>Semester /Year</b>	<b>Letter Grade or T</b>
Fundamentals of Group Exercise and Resistance Training	EXS 103	3		
Lifetime Fitness Concepts	EXS 180	3		
Kinetic Anatomy (pre-req BIO 259)	EXS 223	2		
Motor Learning	EXS 270	3		
The Exercise Science Profession (pre-req EXS 180)	EXS 280	1		
Biomechanics (pre-req PHY 100 or 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	3		
Strength Training and Conditioning Laboratory (taken concurrently with EXS 482)	EXL 482	1		
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 ( <b>CAPSTONE</b> ) MUST be taken in the last semester before graduation – capstone course. (Requires permission from Department. Performed under the supervision of an appropriately credentialed individual. *May not be repeated for credit.	EXS 490	3-6		

*Effective Fall 2021*

## Suggested 4-year Course Schedule for **Pre-Chiropractic**

Year	Fall	Fall 2 <sup>nd</sup> option	Spring	Spring 2 <sup>nd</sup> option
1 <sup>st</sup>	BIO 110 (3)		BIO 259 (4)	
	EXS 103 (3)	EXS 180 (3)	EXS 180 (3)	EXS 103 (3)
	FYE 100D (4)	<b>Must take FYE 100D now</b>	MAT 121 (3)	
	SOC 200 or 240 (3)	PSY 100 (3)	PSY 100 (3)	SOC 200 or 240 (3)
	WRT 120/123 (3/4)		WRT 200 level (3)	
	<b>16/17 credits</b>		<b>16 credits</b>	
2 <sup>nd</sup>	BIO 269 (4)		PHY 130 (4)	
	EXS 223 (2) +280 (1)	EXS 270 (3)	EXS 270 (3)	EXS 223 (2) +280 (1)
	NTD 303 (3)		EXS/EXL 380 (3 + 1)	
	Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. <b>Double up on Gen Ed classes when you can.</b>		Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. <b>Double up on Gen Ed classes when you can.</b>	
	<b>16 credits</b>		<b>17 credits</b>	
3 <sup>rd</sup>	PHY 140 (4)		CHE/CRL 104 (3 +1)	
	CHE/CRL 103 (3 + 1)		EXS/EXL 381 (3 + 1)	
	EXS 222 (2)		EXS 482 (4)	
	EXS/EXL 362 (3+1)		Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. <b>Double up on Gen Ed classes when you can.</b>	
	EXS 375 (3)			
	<b>17 credits</b>		<b>18 credits</b>	
4 <sup>th</sup>	Elective CHE/CRL class (4 + 2)		EXS/EXL 489 (3 + 1)	
	EXS 484 (3)		EXS 490 (3)	
	EXS 486 (3)			
	Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. <b>Double up on Gen Ed classes when you can.</b>		Take 4 Gen Ed Classes (12) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. <b>Double up on Gen Ed classes when you can.</b>	
	<b>18 credits</b>		<b>19 credits</b>	