

B.S. in Exercise Science Concentration in Pre-Physical Therapy (code s137)

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
FIRST YEAR EXPERIENCE (4)	FYE 100D	4		
ACADEMIC FOUNDATIONS				
A. English Composition (6 or 7)	WRT 120 or 123 and one of the following:	3 or 4		
	WRT 200, 204, 205, 206, 208, or 220	3		
B. Mathematics (3)	MAT 121	3		
C. Interdisciplinary "I" (3)	KIN 246 (must take KIN 246 to satisfy both I and J requirements)	3		
D. Diverse Communities "J" (3)	KIN 246 (must take KIN 246 to satisfy both I and J requirements)			

DISTRIBUTIVE REQUIREMENTS

A. Science (6)	See Related Requirements to fulfill these credits including BIO, CHE and PHY			
B. Behavioral / Social Sciences (6)	PSY 100 required	3		
	SOC 100 or 240 required	3		
C. Humanities (6) Select one course from HIS, LAN, LIT, or PHY for your 1 st Humanities requirement. Take PHI 180 as your 2 nd Humanities requirement.	History- HIS 100, 101, 102, 150, 151, 152, 444. Language – LAN 100. Literature- LIT 100, LIT 101, LIT 165, LIT 219, LIT 220, CLS 165, CLS 260, CLS 261. Physics – PHY 125	3		
	PHI 180	3		
D. Arts (3) See catalog for all approved courses.	Choose from these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA	3		

ADDITIONAL BACCALAUREATE REQUIREMENTS

A. ETHICS REQUIREMENT	PHI 180 (also your 2 nd Humanities class)			
B. WRITING EMPHASIS COURSES "W" (9) See catalog for approved courses.	One "W" must be at the 300-400 level	"W" courses may also be used to satisfy other requirements.		
All students entering WCU with fewer <u>than 40 credits</u> , must complete 9 credits of "W" classes		3		
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "W" classes</u> .		3		
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "W" class</u> .		3		
C. SPEAKING EMPHASIS COURSES "S" (9) See catalog for approved courses.	One "S" must be at the 300-400 level	"S" courses may also be used to satisfy other requirements.		
All students entering WCU with fewer <u>than 40 credits</u> , must complete 9 credits of "S" classes	SPK 208 or 230 (3)	3		
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "S" classes</u> .	EXS 486 (3), required for major			
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "S" class</u> .	EXS 490 (3), required for major			

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RELATED REQUIREMENTS (Must be passed with a C- or better) Note: Six credit hours of science courses found in this section fulfill General Education Distributive Requirements in Science	Course Number	Credit Hours	Semester /Year	Letter Grade or T
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		
Electives Under Advisement: To fulfill admission requirements of specific Physical Therapy schools for which the student is applying.				
CORE EXS COURSES (Must be passed with a C- or better)	Course Number	Credit Hours	Semester /Year	Letter Grade or T
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 (CAPSTONE) 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		

Suggested 4-year Course Schedule for **Pre-Physical Therapy**

Year	Fall	Fall 2 nd option	Spring	Spring 2 nd option
1 st	BIO 110 (3)		BIO 259 (4)	
	EXS 103 (3)	EXS 180 (3)	EXS 180 (3)	EXS 103 (3)
	FYE 100D (4)	Must take FYE 100D now	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)	
	16/17 credits		16 credits	
2 nd	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. Double up on Gen Ed classes when you can.		Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. Double up on Gen Ed classes when you can.	
	16 credits		17 credits	
3 rd	PHY 140 (4)		CHE/CRL 103 (3 +1)	
	EXS 222 (2)		Elective BIO class (4)	
	EXS/EXL 362 (3+1)		EXS 482 (4)	
	EXS 375 (3)		Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. Double up on Gen Ed classes when you can.	
	EXS/EXL 381 (3 + 1)			
	17 credits		18 credits	
4 th	CHE/CRL 104 (3 +1)		EXS 490 (3)	
	EXS 484 (3)		Take 5 Gen Ed Classes (15) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. Double up on Gen Ed classes when you can.	
	EXS 486 (3)			
	EXS/EXL 489 (3 + 1)			
	Take a Gen Ed Classes (3) from list: I, J, S, W, ethics, arts, humanities. Double up on Gen Ed classes when you can.			
	17 credits		18 credits	