

# B.S. in Exercise Science Concentration in Pre-Chiropractic (code s133) Spring 2016

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

*(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 or 240	3		
<b>C. Humanities (6)</b>	Select from at least <u>two</u> of the following areas: <b>Literature</b> --LIT 100, LIT 165, CLS 165, CLS 260, CLS 261 <b>History</b> --HIS 100, 101, 102, 150, 151, 152 <b>Philosophy</b> --PHI 100, 101, 180	3		
		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>	WRT 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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<b>RELATED REQUIREMENTS</b>	Course #	CR HRS	Fall (F)		GRADE OR "T"
<b>Note: Six credit hours of science courses found in this section fulfill the General Education Distributive Requirements in Science</b>			Winter (W)	Spring (Sp)	
			Sum (S)	/ YEAR	
General Biology	BIO 110	3			
Anatomy and Physiology I	BIO 259	4			
Anatomy and Physiology II	BIO 269	4			
General Chemistry and Lab I	CHE/CRL 103	4			
General Chemistry and Lab II	CHE/CRL 104	4			
General Physics I with Lab	PHY 130	4			
General Physics II with Lab	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 COREQ or PREREQ: CRL 104 and CHE 231. CRL 231 must precede CRL 232.	CHE/CRL 231 CHE/CRL 232	4 / 2 4 / 2			
Biochemistry (prereq: CHE 232)	CHE 476	3			
Other:					
<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 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/EXL380)	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 certified or licensed Chiropractor). 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			