

Salisbury University
Health, Physical Education & Human Performance
EXERCISE SCIENCE

2007 - 2008

GENERAL EDUCATION REQUIREMENTS
(48 HOURS)

GROUP I - 15 HOURS

- A. ENGL 101 ("C" or better) 3 _____
 ENGL 102 ("C" or better) 3 _____
 Literature 3 _____

- B. Art, Music, Communication Arts, Philosophy,
 Modern Language, Dance
 (6 hours in two departments)
 _____ 3 _____
 _____ 3 _____

GROUP II - 15 HOURS

- A. HIST 101 3 _____
 HIST 102 3 _____

- B. Economics, Human Geography, History,
 Anthropology, Political Science,
 Psychology, Sociology/CADR, ENVR
 (9 credits in three departments)
 _____ 3 _____
 _____ 3 _____
 _____ 3 _____

GROUP III - 15 HOURS

- A. BIOL 215 ("C" or better) 4 _____
- B. Physics OR Chemistry Lab course
 (excluding Astronomy)
 _____ 4 _____
- B. BIOL 216 ("C" or better) 4 _____
- C. Math 155 3 _____

GROUP IV - 3 HOURS

- PHEC 106 or PHEC 108 3 _____

REQUIRED MAJOR CORE CURRICULUM (40 HOURS)

- | | | |
|---------------------|------------------------------------|---------|
| EXSC 185 | Intro to Exercise Science | 1 _____ |
| EXSC 213 (PHEC 213) | Prev & Treatment of Sport Injuries | 3 _____ |
| HLTH 217 (HLTH 317) | Nutrition, Health & Human Perform | 3 _____ |
| HLTH 225 | Health Behavior | 3 _____ |
| EXSC 237 | Exercise Leadership | 3 _____ |
| EXSC 301 | Research Methods in Ex Science | 3 _____ |
| EXSC 312 (EXSC 412) | Strength Train Tech & Prog Design | 3 _____ |
| EXSC 313 (EXSC 413) | Exer & Strength Training for Rehab | 3 _____ |
| EXSC 332 (PHEC 332) | Exercise Physiology | 4 _____ |
| EXSC 333 (PHEC 333) | Kinesiology | 4 _____ |
| HLTH 335 (HLTH 435) | Admin & Eval Hlth/Fit Programs | 3 _____ |
| EXSC 462 | Ex Phys, Aging & Special Popultns | 3 _____ |
| EXSC 481 | Stress Testing & Ex Prescription | 4 _____ |

PROFESSIONAL SEMESTER (15 HOURS)

A student is eligible for the professional semester after s/he

1. completes all core and track courses.
2. obtains current Community CPR/AED certification.

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|----------|-------------------------------|----------|
| EXSC 479 | Practicum in Exercise Science | 12 _____ |
| EXSC 480 | Seminar in Exercise Science | 3 _____ |

FREE ELECTIVES (17 HOURS)

_____	_____
_____	_____
_____	_____
_____	_____

* **MINIMUM NUMBER OF CREDITS NEEDED FOR GRADUATION: 120.**

* A minimum of 30 hours of 300 and/or 400 level courses, each with a grade of "C" or better are required for graduation.

* Students must achieve a "C" or better in each core and required professional course.

* All course requirements must be completed before being admitted into the internship experience.

EXSC 302 has been REPLACED with MATH 155 (which may also be used for Gen Ed)

Revised: November 2006, March 30, 2007

**EXERCISE SCIENCE
SUGGESTED CURRICULUM
2007- 2008**

FRESHMAN YEAR			
FALL SEMESTER	CREDITS	SPRING SEMESTER	CREDITS
ENGL 101	3	ENGL 102	3
HIST 101	3	HIST 102	3
EXSC 185	1	PHEC 106 or PHEC 108	3
Group IB	3	Group IIB	3
BIOL 215	4	BIOL 216	4
TOTAL	14	TOTAL	16
SOPHOMORE YEAR			
FALL SEMESTER	CREDITS	SPRING SEMESTER	CREDITS
ENGL LIT	3	HLTH 225	3
EXSC 237	3	Physics or Chemistry	4
MATH 155	3	Group IIB	3
EXSC 213 (PHEC 213)	3	HLTH 217 (HLTH 317)	3
Group IIB	3	Elective	3
TOTAL	15	TOTAL	16
JUNIOR YEAR			
FALL SEMESTER	CREDITS	SPRING SEMESTER	CREDITS
EXSC 332 (PHEC 332)	4	EXSC 333 (PHEC 333)	4
EXSC 301	3	EXSC 313 (EXSC 413)	3
Elective	4	HLTH 335 (HLTH 435)	3
EXSC 312 (EXSC 412)	3	Elective	3
		Group IB	3
TOTAL	14	TOTAL	16
SENIOR YEAR			
FALL SEMESTER	CREDITS	SPRING SEMESTER	CREDITS
Elective	4	EXSC 479	12
EXSC 462	3	EXSC 480	3
EXSC 481	4		
Elective	3		
TOTAL	14	TOTAL	15

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