

Exercise Science, B.S.

2020-2021

MAJOR REQUIREMENTS (88 UNITS) Grades of "C" or better required. Courses should be completed in order listed.

Exercise Science Core Curriculum - (46 Units)		FALL	WINTER	SPRING
EXSC 104 Seminar in Exercise Science (1) Prerequisite				
EXSC 224 Structural Kinesiology (4) Prerequisite: BIOL 131				
EXSC 254 Current Concepts & Applications of Fitness (4) Prerequisite: HLSC 120				
EXSC 275 Critical Scholarship in Exercise Science (4) Prerequisite: ENGL 113 or 124				
EXSC 350 Exercise Science Colloquium I (1)				
EXSC 354 Methods of Fitness Instruction (4) Prerequisite: HLSC 120 & EXSC 254				
EXSC 364 Reseach Methods (4) Prerequisite: MATH 155 & EXSC 275				
EXSC 394 Internship in Exercise Science I (2) Prerequisite EXSC 254 & EXSC 354				
EXSC 424 Biomechanics of Human Movement (4) Prerequisite: BIOL 131, 132, PHYS 117, PHYS 117 and	Junior standing			
EXSC 426 Exercise Physiology (4) Prerequisite: BIOL 131 & 132				
EXSC 444 Physiological Assessment & Exercise Prescription (3) Prerequisite: BIOL 131, EXSC 426,	MATH 121 & HLSC 120			
EXSC 494 Internship in Exercise Science II (2) Prerequisite: EXSC 444, Senior standing, CPR certification	and Department chair approval			
HLSC 225 Nutrition Theory and Practice (4) Life Science. No laboratory. Prerequisite: Sophomore; record	nmended: HLSC 120/HLSC 214			
HLSC 326 Behavior Change in Health & Wellness (4)	(NOTE: Juniors and Seniors			
Major Electives (24 units, max 8 units combined from ARTS/COMM/FLTV))	provide evidence of certificati	ion in		
EXSC 215A Introduction to Athletic Training I (2) Prerequisite: BIOL 131	First Aid / CPR)			
EXSC 215B Introduction to Athletic Training II (2) Prerequisite: EXSC 215A				
EXSC 416 Movement in Cultural Perspective (4) Prerequisite: ENGL 113/124; Arts and Humanities*				
EXSC 418E Sport Psychology (4)				
ARTS 194 PS/ Illustrator Image Creation (4)				
ARTS 274B Hand-Building (recommended for OT and Pre-Dentistry)				
ARTS 395A Web Design Communication Principles (with Arts dept chair approval)				
BIOL 446/446L Human Gross Anatomy				
COMM 226 Mass Media in Society (4)				
COMM 238 Introduction to Writing for Print Media				
COMM 244 Interpersonal Communication				
FLTV 104 Editing for Beginners (4) OR FLTV 112 Basic Production Techniques (4)				
Up to 8 units of HLSC courses, excluding 120, 275, 475, 490, 495, 499				
Up to two activity classes (total 1 unit towards major)				
Up to two, 1-year science sequences (BIOL 111-113, CHEM 111-113, or PHYS 231-233)				
Required Cognates (18 units)				
BIOL 131 Human Anatomy and Physiology I (5) Life Science*				
BIOL 132 Human Anatomy and Physiology II (5) Prerequisite: BIOL 131				
MATH 155 Introductory Statistics (4)				
PHYS 117 Intro to Physics (4) and PHYS 117L Lab OR PHYS 231 General Physics (4) and F	HYS 231L Lab (1) Physical science*			
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SEE REVERSE FOR UNIVERSITY STUDIES REQUIREMENTS

*A maxiumum of 4 units from the Major, and 8 units of Cognates required by the Major, may apply to University Studies General Studies requirements (2020-2021 Undergraduate Academic Bulletin)

NOTE: Should a student's general education and major degree program requirements not meet the minimum 190 units required for graduation, the student must complete elective units to make up the deficiency.

UNIVERSITY STUDI	ES (73-86 UNITS)				
Foundational Studies (21-34 units) Grades of "C" or better required			FALL	WINTER	SPRING
I. First Year Seminar					
II. Rhetorical Skills					
	ENGL 124 Freshman Seminar (4)				
	B. Upper Division Rhetoric in EXSC 416 Movement in Cul	tural Perspective (4)			
III. Mathematics					
IV. World Languages	, , , , ,				
V. Health and Fitness HLSC 120 (2)					
General Studies (52	units, 16 upper division) <i>Grades of "D" or better re</i>	equired, unless courses are required by major			
THEME I. Social Science	s (SSCI) 8 units				
	and Citizenship (4 units from SSCI 204, 205, Prerequisite: ENGL 113 or 124				
Social Science Breadth	Course (4 units)				
THEME II. Arts and Hun	nanities (HUMN) 12 units				
Exploring Culture (4 un 109) Prerequisite: ENGL 1:	nits from HUMN 104, 105, 106, 107, 108 or 11 or 124				
Arts and Humanities B	readth Course (4 units)				
Arts and Humanities B	Breadth Course (4 units)				
THEME III. Religious Be	liefs and Practices (RLGN) 16 units				
	in Global Perspective or RLGN 305 Religion in s) Prerequisite: ENGL 113 or 124, Junior Status				
A. Spiritual Experience	e and Expressions (0-4 units)				
B. Beliefs and Heritage	e (4 units)				
C. Scripture (4 units)					
D. Religion and Societ	y (4 units)				
THEME IV. Natural Scie	nces (NSCI) 12 units				
Scientific Foundations 124, College-Level Math, Ju	(4 units from NSCI 404, 405, 406, 407, 408 or 409 nior or Senior Status	Prerequisite: ENGL 113 or			
Life Science (4 units) E	ither life science or physical science must include a lab				
Physical Science (4 un	its) Either life science or physical science must include a lab				
THEME V. Senior Semin	ar (UNST) 4 units				
UNST 404G Religion	, Values, and Social Responsibility (4)				
Service Learning (3	Courses)				