

College of Arts, Letters, and Education

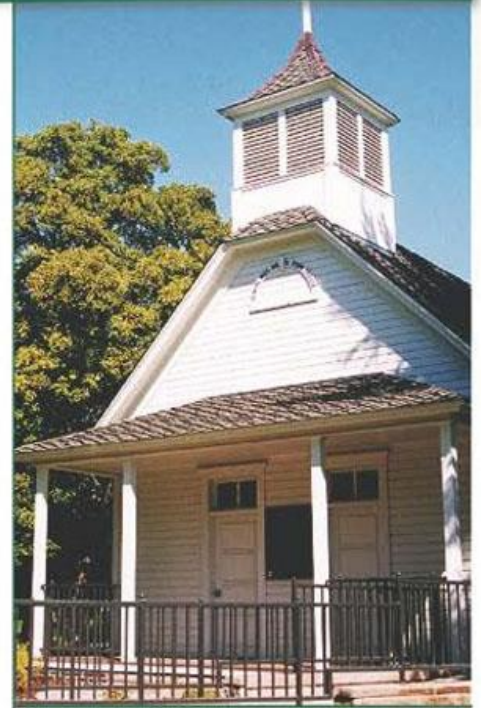
Exercise Science BS

Why study Exercise Science?

The program is the study of movement and the associated functional responses and adaptations. Students learn how to assist people to live healthier lives through exercise, rehabilitation, and nutrition, as well as assisting them to overcome their fears, and cope with and prevent injuries. Graduates are prepared to work in various settings as managers of fitness programs, including corporate fitness or commercial fitness clubs, YMCA-YWCA facilities, retirement centers, hospital rehabilitation programs, and diabetes support programs.

Knowledge and Skills

The Exercise Science major prepares students to pursue advanced degrees in exercise physiology, biomechanics, motor control and learning, cardiac rehabilitation, and adult fitness, as well as professional programs such as Physical Therapy, Occupational Therapy, and Chiropractic. The coursework provides the knowledge and skills needed to pursue certification from organizations such as American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), and American Council on Exercise (ACE). These certifications are widely accepted in the fitness industry.



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<http://www.ewu.edu/cale>

This is an example of a four year class schedule. Academic Advisors are there to help create individualized plans.

First Year	Q1	Q2	Q3
	BACR (5 cr.)	BACR (5 cr.)	BACR (5 cr.)
	CHEM 161 (5 cr.)	CHEM 162 (5 cr.)	CHEM 163 (5 cr.)
	ENGL 101 (5 cr.)	ENGL 201 (5 cr.)	MATH 107 (5 cr.)
Second Year	Q5	Q6	Q7
	BACR (5 cr.)	BACR (5 cr.)	General Elective (5 cr.)
	BIOL 232 (5 cr.)	BIOL 233 (5 cr.)	BIOL 234 (5 cr.)
	PHED 349 (4 cr.)	HLED 193 (2 cr.)	EXSC 301 (1 cr.)
		PHED 350 (4 cr.)	PHED 352 (4 cr.)
Third Year	Q9	Q10	Q11
	Communications elective (se	Diversity (5 cr.)	EXSC 481 or PHED 333 or or
	General Elective (5 cr.)	EXSC 481 or PHED 333 or or	General Elective (5 cr.)
	CSBS 320 (5 cr.)	General Elective (5 cr.)	General Elective (5 cr.)
		HLED 372 (3 cr.)	EXSC 480 (3 cr.)
Fourth Year	Q13	Q14	Q15
	General Elective (5 cr.)	General Elective (2 cr.)	EXSC 488 (10 cr.)
	Global (5 cr.)	General Elective (5 cr.)	
	EXSC 455 (2 cr.)	General Elective (5 cr.)	
	EXSC 460 (4 cr.)	EXSC 490 (4 cr.)	

Listed is a Sample Four Year Plan. Individual plans will vary based on placement test scores and class availability.



Student's name: _____ EWU ID: _____

Bachelor of Science in Exercise Science
 Exercise Science option
 2018-2019 Catalog Year

College of Arts, Letters, and Education
 SOAR Department: Phys Educ | SOAR Major: EXSC
 Major Declaration Form: Exercise Science - Exercise Science, BS-EXSC11, EXSC
 Math proficiency needed: MATH 10

First year courses and prerequisites	Notes	Previously offered **
Q1 BACR (5 cr.)		
Q1 CHEM 161 GEN CHEM FOR HEALTH SCIENCES (5 cr.) Prerequisite: Concurrent enrollment in or completion of MTHD 104 or MATH 107 or MATH 141 or equivalent. A high school chemistry course or CHEM 100 is highly recommended.	Satisfies: a BACR for natural sciences. Note: Laboratory work is included. A placement exam is given during the first week of classes.	F17, W18, Sp18
Q1 ENGL 101 COLL COMP: EXPOSITN & ARGUMNT (5 cr.) Prerequisite: Writing Placement Test or General Advising.	Satisfies: university competencies, writing.	F17, W18, Sp18, Su18
Q2 BACR (5 cr.)		
Q2 CHEM 162 ORG CHEM HEALTH SCI (5 cr.) Prerequisite: ≥C- in CHEM 161 or permission from instructor.	Satisfies: a BACR for natural science. Note: laboratory work is included.	F17, W18, Sp18, Su18
Q2 ENGL 201 COLL COMP: ANALYSIS/RES/DOCMNT (5 cr.) Prerequisite: ENGL 101, Writing Placement Test or general advising.	Satisfies: university proficiencies, writing.	F17, W18, Sp18, Su18
Q3 BACR (5 cr.)		
Q3 CHEM 163 BIOCHEM FOR HEALTH SCIENCES (5 cr.) Prerequisite: CHEM 162.		F17, W18, Sp18, Su18
Q3 MATH 107 MATHEMATICAL REASONING (5 cr.) Prerequisites: MTHD 104 or MTHD 106 or equivalent course, or a satisfactory score on the mathematics placement test (MPT); Computer Literacy Competency recommended.	Satisfies: completion of this course with a grade ≥ C satisfies the university proficiencies in mathematics.	F17, W18, Sp18, Su18

I have discussed this academic plan with the student listed above. Advisor name: _____ Advisor signature: _____

* See the catalog for prerequisites and other details.

** Future course offerings may differ from the past. Check the course schedule for future courses.

To follow this MAP, you should place into MATH 107. If you place lower, your custom MAP may change.

This list of courses is for information purposes only. All students are required to follow the catalog requirements for the year they declared a major.

Second year courses and prerequisites	Notes	Previously offered **
Q5 BACR (5 cr.)		
Q5 BIOL 232 HUMAN A & P NON-BIOL MAJORS (5 cr.) Prerequisites: one course in college chemistry.	Satisfies: a BACR for natural sciences.	F17, W18, Su18
Q5 PHED 349 ANATOMICAL KINESIOLOGY (4 cr.)		F17, W18, Sp18, Su18
Q6 BACR (5 cr.)		
Q6 BIOL 233 HUMAN A & P NON-BIOL MAJORS (5 cr.) Prerequisites: BIOL 232.	Satisfies: a BACR for natural sciences.	W18, Su18
Q6 HLED 193 STANDARD FIRST AID AND SAFETY (2 cr.)		F17, W18, Sp18, Su18
Q6 PHED 350 PHYSIOLOGICAL KINESIOLOGY (4 cr.)		F17, W18, Sp18, Su18
Q7 General Elective (5 cr.)		
Q7 BIOL 234 HUMAN A & P NON-BIOL MAJORS (5 cr.) Prerequisites: BIOL 233.	Satisfies: a BACR for natural sciences.	Sp18
Q7 EXSC 301 INTRO TO EXERCISE SCIENCE (1 cr.) Prerequisite: must be declared exercise science major.		F17, Sp18
Q7 PHED 352 MECHANICAL KINESIOLOGY (4 cr.)		F17, W18, Sp18, Su18

I have discussed this academic plan with the student listed above. Advisor name: _____ Advisor signature: _____

* See the catalog for prerequisites and other details.

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To follow this MAP, you should place into MATH 107. If you place lower, your custom MAP may change.

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Third year courses and prerequisites

Notes

Previously offered **

Q9	Communications elective (see catalog) (4-5 cr.) (5 cr.)	
Q9	General Elective (5 cr.)	
Q9	CSBS 320 INTRODUCTORY STATISTICS (5 cr.) Prerequisites: MTHD 104 or mathematics clearance by test. MATH 107 recommended.	F17, W18, Sp18, Su18
Q10	Diversity (5 cr.)	
Q10	EXSC 481 or PHED 333 or or PHED 334 or PHED 335 (2-3 cr.) (3 cr.)	
Q10	General Elective (5 cr.)	
Q10	HLED 372 APPL NUTRITN/PHYSICAL FITNESS (3 cr.)	F17, W18, Sp18, Su18
Q11	EXSC 481 or PHED 333 or or PHED 334 or PHED 335 (2-3 cr.) (3 cr.)	
Q11	General Elective (5 cr.)	
Q11	General Elective (5 cr.)	
Q11	EXSC 480 CLINICAL EXERCISE PHYSIOLOGY (3 cr.) Prerequisites: PHED 350 or permission of the instructor.	W18, Sp18

I have discussed this academic plan with the student listed above. Advisor name: _____

Advisor signature: _____

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This list of courses is for information purposes only. All students are required to follow the catalog requirements for the year they declared a major.

Fourth year courses and prerequisites

Notes

Previously offered **

Q13	General Elective (5 cr.)		
Q13	Global (5 cr.)		
Q13	EXSC 455 RESEARCH AND ANALYSIS (2 cr.) Prerequisite: CSBS 320.		F17, W18
Q13	EXSC 460 PHYSIOLOGY OF EXERCISE (4 cr.) Prerequisites: PHED 349 and PHED 350 or permission of the instructor.		F17, W18
Q14	General Elective (2 cr.)		
Q14	General Elective (5 cr.)		
Q14	General Elective (5 cr.)		
Q14	EXSC 490 SR CAPSTONE IN EXERCISE SCI (4 cr.) Prerequisites: senior standing and EXSC 460.	Satisfies: a university graduation requirement'senior capstone.	W18, Sp18
Q15	EXSC 488 PROFESSIONAL INTERNSHIP (10 cr.) Prerequisite: permission of the instructor.		F17, W18, Sp18, Su18

I have discussed this academic plan with the student listed above. Advisor name: _____

Advisor signature: _____

* See the catalog for prerequisites and other details.

** Future course offerings may differ from the past. Check the course schedule for future courses.

To follow this MAP, you should place into MATH 107. If you place lower, your custom MAP may change.

This list of courses is for information purposes only. All students are required to follow the catalog requirements for the year they declared a major.

Flight Plan to Success

The following milestones will help you succeed and improve your experience at EWU.

Exercise Science, BS

College of Arts, Letters, and Education

