

# College of Arts, Letters, and Education

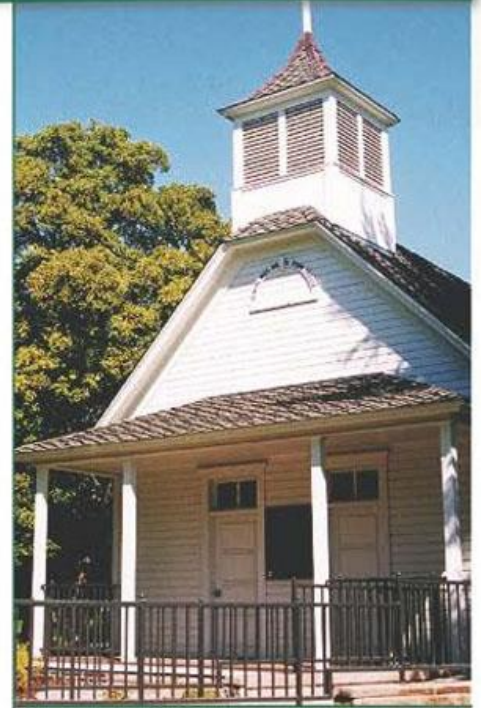
## Exercise Science BS

### 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, cope with and prevent injuries. The pre-Physical Therapy option builds in the prerequisite science and psychology courses required to apply to PT school.

### 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 142 (5 cr.)           |
| Second Year | Q5                          | Q6                       | Q7                         |
|             | General Elective (5 cr.)    | General Elective (5 cr.) | General Elective (5 cr.)   |
|             | BIOL 232 (5 cr.)            | BIOL 233 (5 cr.)         | BIOL 234 (5 cr.)           |
|             | HLED 193 (2 cr.)            | HLED 372 (3 cr.)         | EXSC 301 (1 cr.)           |
|             | PHED 349 (4 cr.)            | PHED 350 (4 cr.)         | PHED 352 (4 cr.)           |
| Third Year  | Q9                          | Q10                      | Q11                        |
|             | EXSC 388 (5 cr.)            | BACR (5 cr.)             | EXSC 481 or PHED 333 or or |
|             | PHYS 131 (4 cr.)            | CSBS 320 (5 cr.)         | General Elective (3 cr.)   |
|             | PHYS 161 (1 cr.)            | EXSC 388 (5 cr.)         | EXSC 480 (3 cr.)           |
|             | PSYC 302 (5 cr.)            | PHYS 132 (4 cr.)         | PHYS 133 (4 cr.)           |
|             | PHYS 162 (1 cr.)            | PHYS 163 (1 cr.)         |                            |
| Fourth Year | Q13                         | Q14                      | Q15                        |
|             | Communications elective (se | Diversity (5 cr.)        | General Elective (1 cr.)   |
|             | EXSC 481 or PHED 333 or or  | General Elective (5 cr.) | General Elective (5 cr.)   |
|             | Global (5 cr.)              | EXSC 460 (4 cr.)         | EXSC 455 (2 cr.)           |
|             | EXSC 455 (2 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  
Pre-Physical Therapy option  
2018-2019 Catalog Year

College of Arts, Letters, and Education  
SOAR Department: Phys Educ | SOAR Major: EXSC PPH-  
Major Declaration Form: Exercise Science - Pre-Physical Therapy, BS-EXSC11, PPH-  
Math proficiency needed: MATH 14

| First year courses and prerequisites  | Notes   | Previously offered ** |
|---|---|-----------------------|
| Q1 BACR (5 cr.)   |   |                       |
| Q1 CHEM 161 GEN CHEM FOR HEALTH SCIENCES (5 cr.)<br>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.<br>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.)<br>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.)<br>Prerequisite: ≥C- in CHEM 161 or permission from instructor.   | Satisfies: a BACR for natural science.<br>Note: laboratory work is included.  | F17, W18, Sp18, Su18  |
| Q2 ENGL 201 COLL COMP: ANALYSIS/RES/DOCMNT (5 cr.)<br>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.)<br>Prerequisite: CHEM 162.  |   | F17, W18, Sp18, Su18  |
| Q3 MATH 142 PRECALCULUS MATH II (5 cr.)<br>Prerequisite: MATH 141 or equivalent.  | 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 142. 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 General Elective (5 cr.)   |   |                       |
| Q5 BIOL 232 HUMAN A & P NON-BIOL MAJORS (5 cr.)<br>Prerequisites: one course in college chemistry.      | Satisfies: a BACR for natural sciences. | F17, W18, Su18        |
| Q5 HLED 193 STANDARD FIRST AID AND SAFETY (2 cr.)   |   | F17, W18, Sp18, Su18  |
| Q5 PHED 349 ANATOMICAL KINESIOLOGY (4 cr.)  |   | F17, W18, Sp18, Su18  |
| Q6 General Elective (5 cr.)   |   |                       |
| Q6 BIOL 233 HUMAN A & P NON-BIOL MAJORS (5 cr.)<br>Prerequisites: BIOL 232.                             | Satisfies: a BACR for natural sciences. | W18, Su18             |
| Q6 HLED 372 APPL NUTRITN/PHYSICAL FITNESS (3 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.)<br>Prerequisites: BIOL 233.                             | Satisfies: a BACR for natural sciences. | Sp18                  |
| Q7 EXSC 301 INTRO TO EXERCISE SCIENCE (1 cr.)<br>Prerequisite: must be declared exercise science major. |   | F17, Sp18             |
| Q7 PHED 352 MECHANICAL KINESIOLOGY (4 cr.)  |   | F17, W18, Sp18, Su18  |

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To follow this MAP, you should place into MATH 142. If you place lower, your custom MAP may change.

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| Third year courses and prerequisites   | Notes  | Previously offered ** |
|--|--|-----------------------|
| Q9 EXSC 388 EXERCISE SCIENCE PRACTICUM (5 cr.)<br><i>Prerequisite: permission of the instructor.</i>                                   |  | F17, W18, Sp18, Su18  |
| Q9 PHYS 131 INTRODUCTORY PHYSICS I (4 cr.)<br><i>Prerequisites: MATH 142, concurrent enrollment in PHYS 161 is recommended.</i>        | Satisfies: The completion of PHYS 131, PHYS 161 satisfies the BACR for natural sciences, counts as one course. The completion of PHYS 131, PHYS 132, PHYS 161, plus any one of the following: PHYS 162, PHYS 163, PHYS 263 satisfies the BACR for natural scien<br>Note: PHYS 161, the associated laboratory course, is usually required by any program also requiring PHYS 131, but requires separate enrollment. | F17                   |
| Q9 PHYS 161 MECHANICS LABORATORY (1 cr.)<br><i>Prerequisite: MATH 142.</i>   |  | F17, W18              |
| Q9 PSYC 302 ABNORMAL PSYCHOLOGY (5 cr.)  |  | F17, W18, Sp18, Su18  |
| Q10 BACR (5 cr.)   |  |                       |
| Q10 CSBS 320 INTRODUCTORY STATISTICS (5 cr.)<br><i>Prerequisites: MTHD 104 or mathematics clearance by test. MATH 107 recommended.</i> |  | F17, W18, Sp18, Su18  |
| Q10 EXSC 388 EXERCISE SCIENCE PRACTICUM (5 cr.)<br><i>Prerequisite: permission of the instructor.</i>                                  |  | F17, W18, Sp18, Su18  |
| Q10 PHYS 132 INTRODUCTORY PHYSICS II (4 cr.)<br><i>Prerequisites: PHYS 131.</i>  | Satisfies: The completion of PHYS 131, PHYS 161 satisfies the BACR for natural sciences, counts as one course. The completion of PHYS 131, PHYS 132, PHYS 161, plus any one of the following: PHYS 162, PHYS 163, PHYS 263 satisfies the BACR for natural scien<br>Note: most programs which require PHYS 132 also require PHYS 162, the associated lab, which requires separate enrollment.                       | W18                   |
| Q10 PHYS 162 HEAT & OPTICS LABORATORY (1 cr.)<br><i>Prerequisite: MATH 142.</i>  |  | W18, Sp18             |
| Q11 EXSC 481 or PHED 333 or or PHED 334 or PHED 335 (2-3 cr.) (3 cr.)  |  |                       |

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|     |   |  |           |
|-----|---|--|-----------|
| Q11 | General Elective (3 cr.)  |  |           |
| Q11 | EXSC 480 CLINICAL EXERCISE PHYSIOLOGY (3 cr.)<br>Prerequisites: PHED 350 or permission of the instructor. |  | W18, Sp18 |
| Q11 | PHYS 133 INTRODUCTORY PHYSICS III (4 cr.)<br>Prerequisites: PHYS 132.                                     | Satisfies: The completion of PHYS 131, PHYS 161 satisfies the BACR for natural sciences, counts as one course. The completion of PHYS 131, PHYS 132, PHYS 161, plus any one of the following: PHYS 162, PHYS 163, PHYS 263 satisfies the BACR for natural scien<br>Note: programs which require PHYS 133 often require the associated lab (PHYS 163) for which enrollment is separate. | Sp18      |
| Q11 | PHYS 163 ELECTRONICS LAB I (1 cr.)<br>Prerequisite: MATH 142.   |  | Sp18      |

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Fourth year courses and prerequisites

Notes

Previously offered \*\*

|     |  |   |
|-----|--|---|
| Q13 | Communications elective (see catalog) (4-5 cr.) (5 cr.)  |   |
| Q13 | EXSC 481 or PHED 333 or or PHED 334 or PHED 335 (2-3 cr.) (3 cr.)  |   |
| Q13 | Global (5 cr.)   |   |
| Q13 | EXSC 455 RESEARCH AND ANALYSIS (2 cr.)<br>Prerequisite: CSBS 320.  | F17, W18  |
| Q14 | Diversity (5 cr.)  |   |
| Q14 | General Elective (5 cr.)   |   |
| Q14 | EXSC 460 PHYSIOLOGY OF EXERCISE (4 cr.)<br>Prerequisites: PHED 349 and PHED 350 or permission of the instructor. | F17, W18  |
| Q15 | General Elective (1 cr.)   |   |
| Q15 | General Elective (5 cr.)   |   |
| Q15 | EXSC 455 RESEARCH AND ANALYSIS (2 cr.)<br>Prerequisite: CSBS 320.  | F17, W18  |
| Q15 | EXSC 490 SR CAPSTONE IN EXERCISE SCI (4 cr.)<br>Prerequisites: senior standing and EXSC 460.                     | Satisfies: a university graduation requirement'senior capstone. W18, Sp18 |

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Advisor signature: \_\_\_\_\_

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# 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

