

ACADEMIC PLANNING SHEET

EXERCISE SCIENCE

NORTH PARK UNIVERSITY • CHICAGO • ILLINOIS

Revised June 2009

	Fall Semester		Spring Semester	
First Year	<ul style="list-style-type: none"> •NPD 1000: Dialogue I •BIOL 1250: Introduction to Human Anatomy •EXS 1000: Personal Health •Fine Arts Option EXS 1400: Foundations of Exercise Science 	4 4 2 2 4	<ul style="list-style-type: none"> •Culture and Society Option •STAT 1490: Introductory Statistics •BTS 1850: Introduction to the Bible EXS 2500: Health and Behavior 	4 4 4 4
	TOTAL SEMESTER HOURS	16	TOTAL SEMESTER HOURS	16
Second Year	<ul style="list-style-type: none"> •Biblical Studies Option •Foreign Language 1010 Option EXS 1600: First Aid/CPR EXS 3160: Exercise Physiology EXS Elective 	4 4 2 4 2	<ul style="list-style-type: none"> •NPD 2000: Dialogue II •Foreign Language 1020 Option BIOL 2170: General Nutrition EXS 3010: Biomechanics EXS Elective 	4 4 2 4 2
	TOTAL SEMESTER HOURS	16	TOTAL SEMESTER HOURS	16
Third Year	<ul style="list-style-type: none"> •NPD 3000: Dialogue III •Science Option (Chemistry or Physics) EXS 3190: Health Promotion Elective Elective 	4 2 4 4 2	<ul style="list-style-type: none"> EXS 3700: Exercise Programming and Leadership EXS 3800: Conditioning for Health and Performance Elective Elective 	4 2 4 4
	TOTAL SEMESTER HOURS	16	TOTAL SEMESTER HOURS	14
Fourth Year	<ul style="list-style-type: none"> EXS 3500: Health Appraisal and Fitness Testing Elective Elective Elective 	4 4 4 4	<ul style="list-style-type: none"> EXS 4010: Seminar in Exercise Science Elective Elective Elective 	4 4 4 4
	TOTAL SEMESTER HOURS	16	TOTAL SEMESTER HOURS	16

• Course meets a general education requirement

The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Graduation Requirement:

120 semester hours, minimum

General Education Requirements:

44 semester hours

- The North Park Dialogue (12)
 - Dialogue I (4)
 - Dialogue II (4)
 - Dialogue III (4)
- Culture and Society (4)
- Personal Development (2)
- Biblical Studies (8)
 - BTS 1850 (4)
 - BTS option (4)
- Foreign Language (8)
 - 1010 Level (4)
 - 1020 Level (4)
- Mathematics (4) Met by prerequisite course STAT 1490
- Fine Arts (2)
- Natural Science (4)
 - Biology (2) Met by prerequisite course BIOL 1250
 - Chemistry/Physics (2)

See General Education checklist for specific courses that will fulfill each requirement.
<http://www.northpark.edu/generaleducation>

Some general education courses may meet course requirements for your major.

Major Requirements:***Required Semester Hours: 50 semester hours******Prerequisites and Supporting Courses: 8 semester hours***

- BIOL 1250: Introduction to Human Anatomy (4)
- STAT 1490: Introductory Statistics (4)

Required Core Courses: 38 semester hours

- BIOL 2170: General Nutrition (2)
- EXS 1400: Foundations of Exercise Science (4)
- EXS 1600: First Aid/CPR (2)
- EXS 2500: Health and Behavior (4)
- EXS 3010: Biomechanics (4)
- EXS 3160: Exercise Physiology (4)
- EXS 3190: Health Promotion (4)
- EXS 3500: Health Appraisal and Fitness Testing (4)
- EXS 3700: Exercise Programming and Leadership (4)
- EXS 3800: Conditioning for Health and Performance (2)
- EXS 4010: Seminar in Exercise Science (4)

Elective Courses: 4 semester hours

- EXS 1610: Introduction to Athletic Training (2)
- EXS 2950: Sports Psychology (2)
- EXS 4910: Independent Student in Exercise and Sport (1-4)
- EXS 4970: Internship in Exercise and Sport (1-4)
- Other courses as approved by faculty advisor

Students interested in pursuing graduate work should take BIOL 2930. Courses in Business and Marketing are recommended.

A comprehensive examination is required for graduation

Additional Graduation Requirements

- Total of 120 semester hours, minimum. Additional courses may need to be taken to meet this requirement.
- Grade Point Average
 - Overall cumulative grade point average of 2.00
 - Cumulative grade point average in major of 2.00
- Last 30 semester hours must be taken at North Park
- Acceptance into the major

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