Academic Planning Guide - Exercise Science

North Park University

effective with 2015-2016 Catalog

Major Requirements

Required Semester Hours for B.A. **: 50 semester hours**

Prerequisites and Supporting Courses **: 8 semester hours**

- [ ] BIOL 1250: Introduction to Human Anatomy (4) - *meets Life Science Requirement*
- [ ] STAT 1490: Introductory Statistics (4) - *meets Analytical & Quantitative Reasoning requirement*

Required Core Courses **: 38 semester hours**

- [ ] 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) - meets Writing Research Designation
- [ ] EXS 3180: Nutrition (2)
- [ ] 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

- [ ] BIOL 2100: Topics: Medical Terminology (2)
- [ ] 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

Notes:

- Students interested in pursuing graduate work should take BIOL 2930. Courses in Business and Marketing are recommended.
- A comprehensive examination is required for graduation.

The Academic Planning Guide 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 a faculty 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.

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Core Curriculum

Starting with the framework of North Park's identity as a Christian, liberal arts institution, our Core Curriculum is intentionally multi-disciplinary and multi-year. It is set up as a progress through three areas: Foundation Courses, Explorations Courses, and Capstone Courses.

http://www.northpark.edu/Academics/Undergraduate-Studies/Core-Curriculum

Foundations

Preparing for more in-depth work in both the Core Curriculum and your major

	Cornerstone Seminar (4sh)
	Biblical Studies (4sh)
	Health and Well-Being (2sh)
	Analytical & Quantitative Reasoning (4sh) *met by STAT 1490*
	Global Histories (4sh)
	Modern Languages (8sh)

Explorations

Knowledge in specific disciplines, with strong emphasis on how you can use them in the context of your own life

	Art and Aesthetics (2sh)
	Christian Life & Thought (4sh)
	Life Science (2sh/lab) *met by BIOL 1250*
	Physical Science (2sh/lab)
	Culture and Society (4sh)
	Ethical Reasoning (2sh)

Intermediate Level Writing

Two courses in the context of your major that specifically address writing clearly and doing effective research

	Writing Intensive Course (4sh) *met by EXS 2500*
	Research Writing Course (4sh) *met by EXS 3160*

Keystone

Interdisciplinary integration of skills and knowledge applied to contemporary social issues

	Keystone Seminar (4sh)

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