ACADEMIC PLANNING GUIDE - EXERCISE SCIENCE

effective with 2017-2018 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) - meets Writing Intensive Designation
- 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) - meets Ethics designation

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.

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# Academic Planning Guide - Exercise Science

**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](http://www.northpark.edu/Academics/Undergraduate-Studies/Core-Curriculum)

## Foundations
Preparation for more in-depth work in both the Core Curriculum and your major

<table>
<thead>
<tr>
<th>Core Course</th>
<th>Explorations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornerstone Seminar (4sh)</td>
<td>Art and Aesthetics (2sh)</td>
</tr>
<tr>
<td>Biblical Studies (4sh)</td>
<td>Christian Life &amp; Thought (4sh)</td>
</tr>
<tr>
<td>Health and Well-Being (2sh)</td>
<td>Life Science (2sh/lab) <em>met by BIOL 1250</em></td>
</tr>
<tr>
<td>Analytical &amp; Quantitative Reasoning (4sh) <em>met by STAT 1490</em></td>
<td>Physical Science (2sh/lab)</td>
</tr>
<tr>
<td>Global Histories (4sh)</td>
<td>Culture and Society (4sh)</td>
</tr>
<tr>
<td>Modern Languages (8sh)</td>
<td>Ethical Reasoning (2sh) <em>meet by EXS 4010</em></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Core Course</th>
<th>Explorations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Writing Intensive Course (4sh) <em>met by EXS 2500</em></td>
<td>Research Writing Course (4sh) <em>met by EXS 3160</em></td>
</tr>
</tbody>
</table>

## Keystone
Interdisciplinary integration of skills and knowledge applied to contemporary social issues

<table>
<thead>
<tr>
<th>Core Course</th>
<th>Explorations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keystone Seminar (4sh)</td>
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</tbody>
</table>

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