ACADEMIC PLANNING GUIDE — EXERCISE SCIENCE

NORTH PARK UNIVERSITY • CHICAGO • ILLINOIS

Revised June 2012

	Fall Semester		Spring Semester	
First Year	•NPD 1000: Dialogue I	4	•Culture and Society Option	4
	•BIOL 1250: Introduction to Human Anatomy	4	•STAT 1490: Introductory Statistics	4
	•EXS 1000: Personal Health	2	•BTS 1850: Introduction to the Bible	4
	•Fine Arts Option	2	EXS 2500: Health and Behavior	4
	EXS 1400: Foundations of Exercise Science	4		
	TOTAL SEMESTER HOURS	**16**	**TOTAL SEMESTER HOURS**	**16**
Second Year	•Biblical Studies Option	4	•NPD 2000: Dialogue II	4
	•Foreign Language 1010 Option	4	•Foreign Language 1020 Option	4
	EXS 1600: First Aid/CPR	2	EXS 3010: Biomechanics	4
	EXS 3160: Exercise Physiology	4	EXS 3180: Nutrition	2
	EXS Elective	2	EXS Elective	2
	TOTAL SEMESTER HOURS	**16**	**TOTAL SEMESTER HOURS**	**16**
Third Year	•NPD 3000: Dialogue III	4	EXS 3700: Exercise Programming and Leadership	4
	•Science Option (Chemistry or Physics)	2	EXS 3800: Conditioning for Health and Performance	2
	EXS 3190: Health Promotion	4	Elective	4
	Elective	4	Elective	4
	Elective	2		
	TOTAL SEMESTER HOURS	**16**	**TOTAL SEMESTER HOURS**	**14**
Fourth Year	EXS 3500: Health Appraisal and Fitness Testing	4	EXS 4010: Seminar in Exercise Science	4
	Elective	4	Elective	4
	Elective	4	Elective	4
	Elective	4	Elective	4
	TOTAL SEMESTER HOURS	**16**	**TOTAL SEMESTER HOURS**	**16**

• Course meets a general education requirement

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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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**

- ☐ 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 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**

- ☐ 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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