

Exercise Science

(Applies to Students enrolling during the Academic Year beginning in August 2026) Total Credits in Program: 120. - 131.

Semester 1	Cr	Semester 2	Cr
SRH 101 Search Sem-Enduring Questions or HNR 160 Honor Search-Enduring Questions	3	Gen Ed SEARCH (Art, Music, Theater) or other General Education Course	3
COM 101 Composition and Research	3	PHI 105 or THE 105	3
THE 105 Foundations of Theology or PHI 105 Introduction to Philosophy	3	EXS 200 Health Promotion	3
PSY 101 Introductory Psychology	3	AT 113 Emergency Response	3
Gen Ed SEARCH	3	Language & Global Cultures	3
Complete 5 hours of Community Service		Complete 5 hours of Community Service	
TOTAL CREDITS	15	TOTAL CREDITS	15
Semester 3	Cr	Semester 4	Cr
BIO107/117 Anatomy and Physiology I with Lab	4	BIO 108/118 Anatomy and Physiology II with Lab	4
EXS 210 Strength and Conditioning Training	3	THE/PHI 200 level Ethics requirement (recommended THE 210, PHI 200 or 210)	3
General Education SEARCH (HIS or POS)	3	BIO 211 Kinesiology	4
General Education SEARCH (COM not 101)	3	MAT Requirement	3
THE/PHI 200-400	3	ELECTIVE	3
Complete 5 hours of Community Service		Complete 5 hours of Community Service	
TOTAL CREDITS	16	TOTAL CREDITS	17
Semester 5	Cr	Semester 6	Cr
BIO 217 Sports Nutrition - Nutrition for Exercise and Wellness	3	PED133 CPR/AED for the Professional	0-1
EXS 340 Exercise Physiology	3	EXS 365 Exercise Testing and Assessment	3
EXS 250 Group Exercise Teaching and Leadership	3	HCS 320 Healthcare Science and Cultural Competency	3
BIO 208 Neuroscience for Rehabilitation	3	Elective (Pathway 3 if not Biology) or Elective	3
Gen Ed SEARCH (LIT)	3	EXS 310 Psychology of Sport and Exercise	3
		Elective	3
Complete 5 hours of Community Service		Complete 5 hours of Community Service	
TOTAL CREDITS	15	TOTAL CREDITS	15-16
Semester 7	Cr	Semester 8	Cr
EXS 420 ECG Interpretation and Pharmacology	3	EXS 465 Exercise for Special Health Population	3
PED133 CPR/AED for the Professional	0-1	EXS 495 Exercise Science Internship	3-12
EXS 410 Organization and Administration in Exercise Science	3	Elective (If needed)	3
ELECTIVE (Pathway if not Biology)	3	Elective (Pathway if not Biology)	3
EXS 450 Exercise Testing and Prescription	3		
ELECTIVE	3		
Complete 5 hours of Community Service		Complete 5 hours of Community Service	
TOTAL CREDITS	15-16	TOTAL CREDITS	12-21

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Student Notes

- Students must enroll in courses required for second majors and minors when available, as shown in the Academic Completion Plans. Academic Completion Plans may not be accurate for declared second majors, depending upon the semester you declare. Completion of such additional major(s) could increase time to degree completion.
- You must meet with your minor advisor and consult the published Course Rotation Schedules to determine when the necessary classes are offered for your minor. You may not add additional time to degree completion beyond the completion of your major courses to complete the minor. Graduation may not be delayed after major requirements are met to complete a minor. Students making the decision to complete a minor or additional major may incur additional costs, financial aid adjustments, and elongated time to graduation (when such elongation is not prohibited by financial aid considerations).
- The Alvernia 15.4460 Graduation Policy published on Alvernia's policy webpage and the current Alvernia Course Catalog detail graduation requirements, honors at graduation, and eligibility to participate in the Commencement Ceremony.
- The Graduation Application is available on-line in myAlvernia in the 'Student Resources' tab under 'Registrar's Office'. Seniors must submit the online Graduation Application form by the following applicable date: October 1 for May Graduation; December 1 for August graduation; and March 1 for December graduation.

Advising Notes for Students, Faculty, Navigators and GAE Student Success Advisors

Course Catalogs (published on Alvernia's webpage)

Students must refer to the Course Catalog for the year they enrolled (matriculated) at Alvernia for program requirements. Students may elect to move to a later year with permission from the Department Chair and Dean by completing and submitting the published online form to the Registrar. General academic policies in the Course Catalog may be revised by Alvernia during a student's matriculation based on continuously improved practices or federal and state laws and regulations. All such changes will apply to students regardless of matriculation year.

Academic Completion Plans & Course Rotation Schedules (published on myAlvernia)

Academic Completion Plans (formerly 8-semester plans) provide the course timing by semester for each program. Course Rotation Schedules provide multi-year information listing specific course offerings by term. Courses will be scheduled based on the Academic Completion Plans and students must enroll in the specific courses listed during the semester indicated.

AUAdvise (available on myAlvernia logins)

Degree Audit uAchieve remains the official source for each student's curriculum audit and provides the opportunity to use the "what if" function to run scenarios for major changes or additions of minors.

EAB Navigate (available on myAlvernia for faculty and advisors, on app for students)

EAB Navigate is the official tool that faculty, advisors, navigators, GAE Student Success Advisors and administrators use for alerts as well as student meetings and advising session discussion notes. This tool, together with the student's degree audit from uAchieve comprise the student file that follows the student throughout their matriculation and is accessible by advisors, navigators, and other administrators for official purposes.

Additional Program Requirements and Progression Notes

HCS 320 Healthcare Science and Cultural Literacy fulfills the Human Diversity Requirements.
PED 133 can be taken in semester 7 if not taken in semester 6.
Semester 8 minimum of 12 credits must be taken in order to remain full time status.