

## Eight Semester Plan BS Exercise Science

C grade or higher must be obtained for all Exercise Science courses.

Semester 1	Credits	Semester 2	Credits
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
THE105: Foundations of Theology or PHI 105	3	EXS 200: Health Promotion	3
Introduction to Philosophy		AT 113 Emergency Response	3
PSY 101 Introductory Psychology	3	World Language II	3
World Language I	3		
TOTAL	15	TOTAL	15
Semester 3	Credits	Semester 4	Credits
BIO107/117 Anatomy and Physiology I w/lab	4	BIO108/118 Anatomy and Physiology II w/lab BIO211: Kinesiology	4
EXS 210 Strength and Conditioning Training	3	THE/PHI: 200 level Ethics requirement (recommended THE 210, PHI 200 or 210) MAT Requirement	4
General Education SEARCH (HIS or POS)	3	ELECTIVE	3
Gen Ed SEARCH (COM)	3		
THE/PHI: 200-400	3	TOTAL	3
			3
TOTAL	16		16
Semester 5	Credits	Semester 6	Credits
AT433 Exercise Physiology	3	EXS 365 Exercise Testing and Assessment	3
EXS 250 Group Exercise Teaching and Leadership	3	EXS 350 Nutrition for Exercise and Wellness	3
HCS 330 Healthcare Literacy and Advocacy	3	HCS320 Healthcare Science and Cultural Competency	3
EXSC 310 Psychology of Sport and Exercise	3	Gen Ed SEARCH (Pathway 3 Biology recommended)	3
Gen Ed SEARCH (LIT)	3	Elective	3
		PED133 CPR/AED for the Professional (if not taken in semester 7)	1
TOTAL	15	TOTAL	15 or 16
Semester 7	Credits	Semester 8	Credits
EXS 450: Exercise Testing and Prescription	3	EXS 465 Exercise for Special Health Population	3
EXS 420 ECG Interpretation and Pharmacology	3	EXS 495 Exercise Science Internship	3-12
EXS 410 Organization and Administration in Exercise Science	3	ELECTIVE (or Pathway if not Bio)	3
Gen Ed SEARCH (Pathway 3 Biology Recommended)	3	Elective (if needed)	3
ELECTIVE	3		
PED133 CPR/AED for the Professional (if not taken in semester 6)	1		
TOTAL	15 or 16	TOTAL	12-15

ADDITIONAL GRADUATION REQUIREMENTS	RESIDENCY REQUIREMENTS	GRADUATION CREDITS EARNED	
___ SRH 101/HNR 160: Search Seminar ___ HUMAN DIVERSITY met with HCS 320 ___ SENIOR CAPSTONE met with EXS4XX ___ WRITING ENHANCED COURSE (met with HCS 330) ___ COMMUNITY SERVICE HOURS	___ Minimum of 123 non-remedial credits earned ___ 45 of last 60 credits ___ Minimum of 12 Alvernia credits in the major ___ Minimum of 9 Alvernia credits in the minor (if applicable)	General Education credits earned	
		Major and Related Area credits earned	
		Elective and/or Minor credits earned	
		SUBTOTAL	
		SUBTRACT CREDITS EARNED FOR MAT 100, and if applicable COM 100	
___ OVERALL GPA = 2.0 or higher ___ GPA IN MAJOR = 2.0 or higher		<b>TOTAL GRADUATION CREDITS</b>	

Academic Policy on Eligibility for Participation of May Commencement Ceremony: The [Academic Affairs Policies | Alvernia University](#), which the Registrar follows, is: A student who has 6 or less credits remaining to complete the degree may participate in the May Commencement Ceremony. Application Deadlines: August Graduation - December 1; December Graduation - March 1; May Graduation - October 1. Any questions, please call the Registrar's Office.

\*If you choose to double major or minor, this 8-semester plan may not be accurate and could increase time to completion.

Check [Course Catalog | Alvernia University](#) for what electives will be offered and when.