

2025 Academic Completion Plan
(Applies to Students enrolling during the Academic Year beginning in August 2025)

BS Exercise Science

Semester 1	Credits	Semester 2	Credits
HCS320 Healthcare Science and Cultural Literacy fulfills the Human Diversity Requirements.			
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 Introduction to Philosophy	3	EXS 200: Health Promotion	3
PSY 101 Introductory Psychology	3	AT 113 Emergency Response	3
World Language I	<u>3</u>	World Language II	<u>3</u>
TOTAL	15	TOTAL	15
Complete 5 hours of Community Service		Complete 5 hours of Community Service	
Semester 3	Credits	Semester 4	Credits
BIO107/117 Anatomy and Physiology I w/lab	4	BIO108/118 Anatomy and Physiology II w/lab	4
EXS 210 Strength and Conditioning Training	3	BIO211: Kinesiology	4
General Education SEARCH (HIS or POS)	3	THE/PHI: 200 level Ethics requirement (recommended THE 210, PHI 200 or 210)	3
Gen Ed SEARCH (COM)	3	MAT Requirement	3
THE/PHI: 200-400	<u>3</u>	ELECTIVE	<u>3</u>
TOTAL	16	TOTAL	16
Complete 5 hours of Community Service		Complete 5 hours of Community Service	
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 320: Healthcare Science & Cultural Competency	3	HCS320 Healthcare Science and Cultural Competency	3
EXS 310 Psychology of Sport and Exercise	3	Gen Ed SEARCH (Pathway 3 Biology recommended)	3
Gen Ed SEARCH (LIT)	<u>3</u>	Elective	3
TOTAL	15	PED133 CPR/AED for the Professional (if not taken in semester 7)	<u>1</u>
Complete 5 hours of Community Service		TOTAL	15/16
		Complete 5 hours of Community Service	
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)	<u>3</u>
ELECTIVE	3		
PED133: CPR/AED for the Professional (if not taken in semester 6)	<u>1</u>		
TOTAL	15/16	TOTAL	15
Complete 5 hours of Community Service		Complete 5 hours of Community Service	

NOTES:

- 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.
- Minors must be declared by the time specified in the current Alvernia Course Catalog and you must meet with your *minor advisor* to determine when the necessary classes are offered since you may not add additional time to degree completion beyond the completion of your major courses to complete the minor.
 - Alvernia Policy 15.4460 Graduation Policy and the current Alvernia Course Catalog detail graduation requirements, honors at graduation, and eligibility to participate in the Commencement Ceremony. Those policies include information such as the following:
 - Alvernia's Bachelor's Degree Requirements in the Course Catalog specify that 12 credits in the major and 9 credits in the minor must be completed at Alvernia University.
 - When pursuing a double major, you must have 12 distinct credits between the two majors.
 - A student who has completed all graduation requirements and has coursework of 6 or less credits remaining to complete the degree may participate in the May Commencement Ceremony.
 - The Graduation Application is available on-line in myAlvernia on the 'Academics' tab. Seniors must submit the Graduation Application to the Registrar's Office as follows: **October 1 for May Graduation; December 1 for August graduation; and March 1 for December graduation.**

Additional Curriculum Information Resources

Course Catalogs

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 and notice 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

Academic Completion Plans (formerly 8-semester plans) provides the course timing by semester for each program. Courses will be scheduled based on the Academic Completion Plans and students must enroll in the specific courses listed during the semester indicated.

AUAdvise

[Degree Audit uAcheive](#) remains the official source for each student's curriculum audit and provides the opportunity using the "what if" function to run scenarios for major changes or additions of minors.

EAB Navigate

[EAB Navigate](#) is the official tool faculty, advisor, navigators, and administrators use for alerts as well as student meeting and advising session discussion notes. This tool, together with the student's degree audit from uAchieve comprises the student file that follows the student throughout their matriculation and is accessible by advisors, navigators, and other administrators for official purposes.