

IMMACULATA UNIVERSITY
FOUR-YEAR COURSE SEQUENCE SHEET

Department: PHYSICAL EDUCATION and EXERCISE SCIENCE

Major: EXERCISE SCIENCE/Movement Science

B.S.

<i>Freshman Year - First Semester</i>	<i>Freshman Year – Second Semester</i>
<input type="checkbox"/> EXS 201: Intro to Exercise Sci & Fitness (3)	<input type="checkbox"/> EXS 106: Group Fitness Instruction (2)
<input type="checkbox"/> ENG 106: Composition I (3)	<input type="checkbox"/> ENG 107: Composition II (3)
<input type="checkbox"/> MATH (3)	<input type="checkbox"/> MATH (3)
<input type="checkbox"/> Foreign Language (3)	<input type="checkbox"/> Foreign Language (3)
<input type="checkbox"/> Theology Elective (3)	<input type="checkbox"/> BIOL 202: Exercise Structure & Function (4)
<input type="checkbox"/> FYE (1)	<input type="checkbox"/> Elective (3)
16 cr.	18 cr.
<i>Sophomore Year - First Semester</i>	<i>Sophomore Year – Second Semester</i>
<input type="checkbox"/> Elective (3)	<input type="checkbox"/> Theology Elective (3)
<input type="checkbox"/> ECO 203: Principles of Economics (3)	<input type="checkbox"/> EXS 202: Current Trends in Fitness (3)
<input type="checkbox"/> CHE 100: Introductory Survey of Chemistry (4)	<input type="checkbox"/> EXS 302: Kinesiology (3)
<input type="checkbox"/> EXS 301: Prevention and Care of Athletic Injuries (3)	<input type="checkbox"/> ACC 201: Principles of Accounting and Budgeting (3)
<input type="checkbox"/> History Elective (3)	<input type="checkbox"/> FNU 208: Normal Nutrition (3)
<input type="checkbox"/> PED elective	<input type="checkbox"/> Elective (3)
16 cr.	18 cr.
<i>Junior Year – First Semester</i>	<i>Junior Year – Second Semester</i>
<input type="checkbox"/> Philosophy Elective (3)	<input type="checkbox"/> Philosophy Elective (3)
<input type="checkbox"/> EXS 304: Exercise Assessment & Program (3)	<input type="checkbox"/> EXS 303: Exercise Physiology (3)
<input type="checkbox"/> EXS 307: Sport Administration (3)	<input type="checkbox"/> FNU 317: Sports Nutrition (3)
<input type="checkbox"/> PSY 357: Exercise and Sport Psychology (3) <i>or</i> <input type="checkbox"/> PSY 250 Health Psychology (3)	<input type="checkbox"/> EXS 309: Personal Training Cert Prep (3)
<input type="checkbox"/> Elective (3)	<input type="checkbox"/> Humanities Elective (3)
15 cr.	15 cr.
<i>Senior Year – First Semester</i>	<i>Senior Year – Second Semester</i>
<input type="checkbox"/> EXS 305: Biomechanics (3)	<input type="checkbox"/> EXS 403: Senior Seminar/Research Methods (3)
<input type="checkbox"/> EXS 310: Practicum (3)	<input type="checkbox"/> BUS 360: Business Management (3)
<input type="checkbox"/> BUS 315: Business Law I (3) <i>or</i> <input type="checkbox"/> BUS 338: Business Ethics (3)	<input type="checkbox"/> THE 218: Intro to Christian Ethics (3) <i>or</i> <input type="checkbox"/> BUS 338: Business Ethics (3)
<input type="checkbox"/> BUS 311: Human Resource Management (3)	<input type="checkbox"/> EXS 405: Strength & Conditioning (3)
<input type="checkbox"/> Elective (3) 15 cr.	<input type="checkbox"/> Elective (3) 15 cr.
	<i>TOTAL CREDITS = 128 credits</i>

For more information on this program, please contact department chair Kelly Stalker, M.Ed., ATC, at kstalker@immaculata.edu or 610-647-4400 ext. 3157.