

IMMACULATA UNIVERSITY

THREE-YEAR COURSE SEQUENCE SHEET

Department: PHYSICAL EDUCATION and EXERCISE SCIENCE

Major: EXERCISE SCIENCE/Pre-Occupational Therapy

B.S.

<i>Freshman Year - First Semester</i>	<i>Freshman Year – Second Semester</i>
<input type="checkbox"/> ENG 106: Composition I (3)	<input type="checkbox"/> ENG 107: Composition II (3)
<input type="checkbox"/> BIOL 103: Human Biology and Ecology (3)	<input type="checkbox"/> BIOL 104: Cell Biology and Genetics (3)
<input type="checkbox"/> Foreign Language (3)	<input type="checkbox"/> Foreign Language (3)
<input type="checkbox"/> MATH 203: Intermediate Math or <input type="checkbox"/> MATH 207: Introductory Analysis (3)*	<input type="checkbox"/> MATH 204: Intermediate Math or <input type="checkbox"/> MATH 208: Introductory Analysis (3)*
<input type="checkbox"/> EXS 201: Intro to Exercise Science & Fitness (3)	<input type="checkbox"/> Theology Elective (3)
<input type="checkbox"/> FYE (1)	<input type="checkbox"/> PED elective
16 cr.	15 cr.
<i>Sophomore Year - First Semester</i>	<i>Sophomore Year – Second Semester</i>
<input type="checkbox"/> EXS 301: Prevention and Care of Athletic Injuries (3)	<input type="checkbox"/> EXS 302: Kinesiology (3)
<input type="checkbox"/> BIOL 209: Human Anatomy & Physiology I (4)	<input type="checkbox"/> BIOL 210: Human Anatomy & Physiology II (4)
<input type="checkbox"/> PSY 101: Foundations in Psychology (3)	<input type="checkbox"/> FNU 208: Normal Nutrition (3)
<input type="checkbox"/> History Elective (3)	<input type="checkbox"/> Humanities Elective (3)
<input type="checkbox"/> THE 218: Introduction to Christian Ethics (3) or <input type="checkbox"/> THE 408: Contemporary Medical Ethics (3)	<input type="checkbox"/> Elective (3)
<input type="checkbox"/> PED elective	
16 cr.	16 cr.
<i>Junior Year – First Semester</i>	<i>Junior Year – Second Semester</i>
<input type="checkbox"/> EXS 305: Biomechanics (3)	<input type="checkbox"/> EXS 303: Exercise and Sport Physiology (3)
<input type="checkbox"/> PSY 324: Lifespan Human Development (3)	<input type="checkbox"/> PSY 208: Statistics (3)
<input type="checkbox"/> SOC 202: Principles of Sociology (3)	<input type="checkbox"/> PSY 320: Abnormal Psychology (3)
<input type="checkbox"/> THE Elective (3)	<input type="checkbox"/> FNU 317: Sports Nutrition (3)
<input type="checkbox"/> Elective (3) **	<input type="checkbox"/> PHI Elective (3)
<input type="checkbox"/> Elective (3) **	<input type="checkbox"/> Elective (3)
18 cr.	18 cr.
<i>Senior Year – First Semester</i>	<i>Senior Year – Second Semester</i>
<input type="checkbox"/> EXS 310: Practicum (3)	<input type="checkbox"/> EXS 403: Senior Seminar/Research Methods (3)
<input type="checkbox"/> EXS 308: Exercise Program Management (3)	<input type="checkbox"/> PSY 357: Sport Psychology or <input type="checkbox"/> PSY 250: Health Psychology (3)
<input type="checkbox"/> EXS 304: Exercise Programming & Assessment(3)	<input type="checkbox"/> PHI Elective (3)
<input type="checkbox"/> SOC 328: Minority Groups (3)	<input type="checkbox"/> Elective (3)
<input type="checkbox"/> Elective (3)	<input type="checkbox"/> Elective (3)
15 cr.	15 cr.
TOTAL CREDITS 129cr.	

* MATH 207/208 is required for enrollment in PHY 203/204.

**The Department recommends Chemistry and/or Physics depending upon graduate school requirements.

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.