

IMMACULATA UNIVERSITY

FOUR-YEAR COURSE SEQUENCE SHEET

Department: PHYSICAL EDUCATION and EXERCISE SCIENCE

Major: EXERCISE SCIENCE/Pre-Physical Therapy

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"/> Theology Elective (3)
<input type="checkbox"/> ENG 106: Composition I (3)	<input type="checkbox"/> ENG 107: Composition II (3)
<input type="checkbox"/> BIOL 209: Human Anatomy and Physiology I (4)	<input type="checkbox"/> BIOL 210: Human Anatomy & Physiology II (4)
<input type="checkbox"/> CHE 103: Fundamental Chemical Concepts (4)	<input type="checkbox"/> CHE 104: Fundamental Chemical Concepts (4)
<input type="checkbox"/> MATH 207: Introductory Analysis (3) or <input type="checkbox"/> MATH 301: Calculus I (3)	<input type="checkbox"/> MATH 208: Introductory Analysis (3) or <input type="checkbox"/> MATH 302: Calculus II (3)
<input type="checkbox"/> FYE (1)	<input type="checkbox"/> PED elective
18 cr.	17 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 233: Cell Biology (4)	<input type="checkbox"/> BIOL 234: Genetics (4)
<input type="checkbox"/> History Elective (3)	<input type="checkbox"/> Humanities Elective (3)
<input type="checkbox"/> Foreign Language (3)	<input type="checkbox"/> Foreign Language (3)
<input type="checkbox"/> PSY 101: Foundations in Psychology (3)	<input type="checkbox"/> Philosophy 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 208: Statistics (3)	<input type="checkbox"/> Philosophy Elective (3)
<input type="checkbox"/> FNU 208: Normal Nutrition (3)	<input type="checkbox"/> FNU 317: Sports Nutrition (3)
<input type="checkbox"/> THE 218: Introduction to Christian Ethics (3) or <input type="checkbox"/> THE 408: Contemporary Medical Ethics (3)	<input type="checkbox"/> BIOL 335: Physiology (4)
<input type="checkbox"/> PHY 203: Physics (4)	<input type="checkbox"/> PHY 204: Physics (4)
16 cr.	17 cr.
<i>Senior Year – First Semester</i>	<i>Senior Year – Second Semester</i>
<input type="checkbox"/> EXS 304: Exercise Assessment and Programming (3)	<input type="checkbox"/> EXS 403: Senior Seminar/Research Methods (3)
<input type="checkbox"/> EXS 308: Exercise Program Management (3)	<input type="checkbox"/> Theology Elective (3)
<input type="checkbox"/> EXS 310: Practicum (3)	<input type="checkbox"/> PSY 324: Lifespan Development (3)
<input type="checkbox"/> PSY 357: Exercise and Sport Psychology (3) or <input type="checkbox"/> PSY 250: Health Psychology (3)	<input type="checkbox"/> Elective (3)
<input type="checkbox"/> Elective (3)	<input type="checkbox"/> Elective (3)
15 cr.	15 cr.
TOTAL CREDITS	
130 cr.	

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.