

**IMMACULATA UNIVERSITY**

**FOUR-YEAR COURSE SEQUENCE SHEET**

**Department: PHYSICAL EDUCATION and EXERCISE SCIENCE**

**Major: EXERCISE SCIENCE/Pre-Physical Therapy**

**B.S.**

<b><i>Freshman Year - First Semester</i></b>	<b><i>Freshman Year – Second Semester</i></b>
<input type="checkbox"/> EXS 201: Intro to Exercise Sci & Fitness (3)	<input type="checkbox"/> THE 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) <b>or</b>	<input type="checkbox"/> MATH 208: Introductory Analysis (3) <b>or</b>
<input type="checkbox"/> MATH 301: Calculus I (3)	<input type="checkbox"/> MATH 302: Calculus II (3)
<input type="checkbox"/> FYE (1)	<input type="checkbox"/> PED elective
18 cr.	17 cr.
<b><i>Sophomore Year - First Semester</i></b>	<b><i>Sophomore Year – Second Semester</i></b>
<input type="checkbox"/> BIO 233 Cellular Concepts (4)	<input type="checkbox"/> BIO 234: Genetics (4)
<input type="checkbox"/> Foreign Language (3)	<input type="checkbox"/> Foreign Language (3)
<input type="checkbox"/> HIST 115: The Origins & Rise of Western Civ (3)	<input type="checkbox"/> HIST 116: The Making of World Civ (3)
<input type="checkbox"/> EXS 301: Prevention and Care of Athletic Injuries (3)	<input type="checkbox"/> EXS 302: Kinesiology (3)
<input type="checkbox"/> PSY 101: Foundations in Psychology (3)	<input type="checkbox"/> PHI: Elective (3)
<input type="checkbox"/> PED elective	
16 cr.	16 cr.
<b><i>Junior Year – First Semester</i></b>	<b><i>Junior Year – Second Semester</i></b>
<input type="checkbox"/> PSY 208: Statistics (3)	<input type="checkbox"/> English Literature (100 Level) (3)
<input type="checkbox"/> EXS 305: Biomechanics (3)	<input type="checkbox"/> EXS 303: Exercise and Sport Physiology (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) <b>or</b>	<input type="checkbox"/> BIOL 335: Physiology (4)
<input type="checkbox"/> Elective (3)	
<input type="checkbox"/> PHY 203: Physics (4)	<input type="checkbox"/> PHY 204: Physics (4)
16 cr.	17 cr.
<b><i>Senior Year – First Semester</i></b>	<b><i>Senior Year – Second Semester</i></b>
<input type="checkbox"/> The 218: Introduction to Christian Ethics (3) <b>or</b>	<input type="checkbox"/> Theology Elective (3)
<input type="checkbox"/> Elective (3)	
<input type="checkbox"/> EXS 304: Exercise Assessment and Programming (3)	<input type="checkbox"/> EXS 310: Practicum or Elective (3)
<input type="checkbox"/> PSY 357: Exercise and Sport Psychology (3) <b>or</b>	<input type="checkbox"/> PSY 324: Lifespan Development (3)
<input type="checkbox"/> PSY 250: Health Psychology (3)	
<input type="checkbox"/> EXS 308: Exercise Program Management (3)	<input type="checkbox"/> EXS 403: Senior Seminar/Research Methods (3)
<input type="checkbox"/> Elective or EXS 310: Practicum (3) 15 cr.	<input type="checkbox"/> PHI Elective (3) 15cr.
<input type="checkbox"/> <b>CROSS CULTURAL REQUIREMENT</b>	TOTAL CREDITS 130cr.