

# Bachelor of Science in Exercise Science

2018-2019 Catalog



NAME \_\_\_\_\_

ADVISOR \_\_\_\_\_

**Students:** This planning sheet serves as your guide as you progress through your degree requirements at the University of Providence. It is your responsibility to keep clean, up-to-date planners. A copy of each planner must be submitted with your application for graduation.

<b>Required Courses</b>	<b>Cr.</b>	<b>Semester</b>	<b>Grade</b>	<b>Transfer/Comment</b>
EXS 110 Intro to Exercise Science	3	_____	_____	_____
BIO 251 Anatomy & Physiology	4	_____	_____	_____
EXS 275 Exercise & Sports Nutrition	3	_____	_____	_____
EXS 340 Ethics, Law, & Health/ Fitness Prof	3	_____	_____	_____
EXS 305 Exercise Physiology	3	_____	_____	_____
EXS 310 Fitness Assessment Methods	3	_____	_____	_____
EXS 411 Exercise Prescription I	3	_____	_____	_____
EXS 495 Internship	3	_____	_____	_____
HPE 315 Kinesiology and Biomechanics	3	_____	_____	_____

**Completion of one Concentration Required** (Graduate School, Coaching, Strength and Conditioning, or Personal Training)

**Graduate School Concentration: 2 8**

BIO 252 Anatomy & Physiology II	4	_____	_____	_____
CHM 111 General Chemistry I	4	_____	_____	_____
CHM 112 General Chemistry II	4	_____	_____	_____
PSY 212 Developmental Psychology	3	_____	_____	_____
PSY 352 Abnormal Psychology	3	_____	_____	_____
EXS 105 Medical Terminology	2	_____	_____	_____
EXS 412 Exercise Prescription II	3	_____	_____	_____
EXS 490 Research in EXS	OR	_____	_____	_____
EXS 499 Senior Thesis in EXS		1	_____	_____
PHS 241 Classical and Modern Physics	4	_____	_____	_____

**Coaching Concentration: 2 0**

EXS 260 Sports Psychology	3	_____	_____	_____
EXS 202 Racquet and Individual Sports	2	_____	_____	_____
EXS 203 Team Sports	2	_____	_____	_____
EXS 350 Coaching Certification	3	_____	_____	_____
HPE 252 MOA Coaching Certification	1	_____	_____	_____
HPE 405 Prevention & Care of Athlctc Injuries	3	_____	_____	_____
PSY 396 Child Abuse and Neglect	3	_____	_____	_____

*Choose 3 from the following:*

EXS 281 Coaching Golf I	1	_____	_____	_____
EXS 282 Coaching Racquet Sports	1	_____	_____	_____
EXS 283 Coaching Weight Training I	1	_____	_____	_____
EXS 284 Coaching Track/Field/Cross-Cntry	1	_____	_____	_____
EXS 285 Coaching Wrestling	1	_____	_____	_____
EXS 286 Coaching Baseball/Softball	1	_____	_____	_____
EXS 287 Coaching Basketball	1	_____	_____	_____
EXS 288 Coaching Football	1	_____	_____	_____
EXS 289 Coaching Soccer	1	_____	_____	_____
EXS 290 Coaching Volleyball	1	_____	_____	_____

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## **Strength and Conditioning: 17**

EXS 260 Sports Psychology	3	_____	_____	_____
EXS 283 Coaching Weight Training	1	_____	_____	_____
EXS 325 Advanced Strength & Conditioning	3	_____	_____	_____
EXS 412 Exercise Prescription II	3	_____	_____	_____
HPE 112 Weight Training & Prsnl Fitness	1	_____	_____	_____
HPE 188 Personal Health	3	_____	_____	_____
HPE 405 Prevention & Care of Athltn Injuries	3	_____	_____	_____

## **Personal Training: 22**

BUS 240 Leadership & Management	3	_____	_____	_____
BUS 260 Marketing	3	_____	_____	_____
EXS 202 Racquet and Individual Sports	2	_____	_____	_____
EXS 203 Team Sports	2	_____	_____	_____
EXS 260 Sports Psychology	3	_____	_____	_____
EXS 325 Advanced Strength & Conditioning	3	_____	_____	_____
EXS 412 Exercise Prescription II	3	_____	_____	_____
HPE 188 Personal Health	3	_____	_____	_____

**Total Credits for Major 45-56**

**A minimum of 40% or 15 credits of the major (whichever is greater) must be earned in residency at the University of Providence**

**120 total Credits are required for all Bachelor Degree Programs**