College of Health, Science, and Technology

Bloomsburg LOCK HAVEN MANSFIELD
COMMONWEALTH UNIVERSITY

Exercise Science: Pre-Occupational Therapy

Bachelor of Science (BS)

This degree map is based on the current Academic Catalog and is subject to change. Please note that the degree map is designed to give you a sense of roughly how courses might be distributed over a 4-year degree. Your exact schedule will differ depending on a range of factors though we recommend taking a minimum of 15 credits each fall and spring semester. Regular consultation with your academic advisor is the best way to make sure that you are taking the courses you need in the right order to ensure efficient progress through your degree program.

Sample 4-Year Plan

First Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER161 Intro to Health and Exercise Science	3	EXER294 Resistance Training Techniques	3
HLSC108/BIOL108 Medical Terminology for Health Science	3	HLSC120/BIOL181 Human Anatomy and Physiology 2	4
HLSC115/BIOL180 Human Anatomy & Physiology 1	4	PSYCH100 Introduction to Psychology	3
FYS100 First Year Seminar	3	General Education	6
WRIT103 Foundations in Composition	3		
Semester Total	16	Semester Total	16

Second Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER306 Psychology of Sport and Exercise	3	EXER360 Sport Nutrition	3
PHYS208 Introductory Physics 1	4	PSYCH212 Lifespan Development	3
STAT141 Introduction to Statistics	3	BIOL105 Basic Biology	3
General Education	6	General Education / Elective	6
Semester Total	16	Semester Total	15

Third Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER351 Biomechanics	3	EXER380 Research in Health and Exercise Science	3
EXER378 Exercise Physiology	3	EXER478 Advanced Exercise Physiology	3
PSYCH235 Introduction to Abnormal Psychology OR PSYC335 Psychological Disorders	3	Elective	9
General Education / Elective	6		
Semester Total	15	Semester Total	15

Fourth Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER261 First Aid and Safety	3	EXER498: Exercise Science Internship	6
EXER453 Clinical Exercise Physiology	3	Elective	6
EXER477 Exercise Testing and Prescription	3		
Elective	6		
Semester Total	15	Semester Total	12

Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

Revised February 2025

Pre-Occupational Therapy

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Curriculum Checklist

Core Requirements (46 credits)

___ EXER161 Introduction to Health and Exercise Science (3)
___ EXER294 Resistance Training Techniques (3)
___ EXER306 Psychology of Sport and Exercise (3) *
___ EXER351 Biomechanics (3) *
___ EXER360 Sport Nutrition (3) *
___ EXER378 Exercise Physiology (3) *
___ EXER380 Research Methods in Health and Exercise Science (3) *
___ EXER453 Clinical Exercise Physiology (3) *
___ EXER477 Exercise Testing and Prescription (3) *
___ EXER478 Advanced Exercise Physiology (3) *
___ EXER498 Exercise Science Internship (6) *
___ HLSC108/BIOL108 Medical Terminology for Health Science (3)
___ HLSC120/BIOL181 Human Anatomy and Physiology 2 (4)
___ PSYC100 Introduction to Psychology (3)
___ PSYCH212 Life Span Psychology (3)
___ PSYCH235 Introduction to Abnormal Psychology OR PSYCH335 Psychological Disorders (3)

Exercise Science Major Elective (choose 9 – 11 credits)

___ BIOL110 Principles of Biology 1 (4)
___ EXER255 Functional Anatomy (3)
___ EXER261 First Aid and Safety (3)
___ EXER282 Care and Prevention of Athletic Injuries (3)
___ EXER284 Aquatic Exercise Programming (3)
___ EXER285 Exercise and Mental Health (3)
___ EXER287 Intro to Coaching (3)
___ EXER295 Tests and Assessments (3)
___ EXER304 Principles of Resistance Training (3) *
___ EXER397 Exercise and Aging (3) *
___ EXER411 ECG, Exercise Testing, and Cardiac Rehabilitation (3) *
___ EXER413 Current Issues in Sport and Exercise (3) *
___ EXER493 Independent Study (3) *
___ HLSC406 Biomechanics of Injury (3) *
___ HLSC407 Advanced Human Physiology & Mechanisms of Disease (4) *
___ HLSC420 Rehabilitation Science (3) *
___ HLSC451 Advanced Human Anatomy (3) *
___ PHYS209 Introductory Physics 2 (4)

*Denotes advanced coursework
Students must take a minimum of 42 credits of advanced coursework. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.

General Education Requirements (45 credits minimum)

Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below

- Foundations (15 credits)
- Interconnections (9 credits)
- Citizenship & Responsibility
  (6 credits from at least two goals)
- Natural World & Technologies (9 credits)
  - BIOL Basic Biology (3)
  - HLSC115/BIO180: Human Anatomy and Physiology I (4)
  - PHSY208: Introductory Physics I (4)
- Creativity & Expression (6 credits)

Degree Requirements

All students must obtain a minimum of 120 credits (a minimum of 42 credits must be advanced coursework), complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum GPA of 2.0 in the major and overall are required.

***ALL** required and elective major courses must be completed with a grade of C or better to be eligible for graduation.*