

# Exercise Science: Pre-Occupational Therapy

## Bachelor of Science (BS)

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

### 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.

# Pre-Occupational Therapy

## 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)

## 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/BIOL180: 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, 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.*

## Campus Locations

- |                   |  |
|-------------------|--|
| <b>Bloomsburg</b> | <input type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input type="checkbox"/> Blended |
| <b>Lock Haven</b> | <input type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input type="checkbox"/> Blended |
| <b>Mansfield</b>  | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input type="checkbox"/> Blended            |
| <b>Clearfield</b> | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input type="checkbox"/> Blended            |