

THOMAS JEFFERSON UNIVERSITY
BACHELOR OF SCIENCE: EXERCISE SCIENCE

2022-2023

Name _____

Campus Key: _____

LEVEL I (FIRST YEAR) – 36-37 credits (Prerequisite) Cr Sem. Grade TR Equiv.

Hallmarks Core Courses – 20-21

FYS-100	Pathways Seminar (Fall)		1	<input type="checkbox"/>			
WRIT-101/101G	Writing Seminar I: Written Communication (Spring)		3	<input type="checkbox"/>			
AMST-114	Topics in American Studies (Fall)		3	<input type="checkbox"/>			
BIOL-103	Biology I (Fall)		3	<input type="checkbox"/>			
BIOL-103L	Biology I Lab (Fall)		1	<input type="checkbox"/>			
MATH-111	Quantitative Reasoning I (based on placement, see below) (Fall)		3	<input type="checkbox"/>			
MATH-110/102	Pre-calculus (3-4 cr.)						
MATH-103	Introduction to Calculus (3 cr.)						
MATH-111	Calculus I (4 cr.) (Math 110)						
PSYCH-213	Developmental Psychology (Spring) (PSYCH 101)		3	<input type="checkbox"/>			

Exercise Science Core – 1 credit

EXSC-110	Introduction to Exercise Science (Spring)		1	<input type="checkbox"/>			
----------	---	--	---	--------------------------	--	--	--

Professional Pre-req – 11 credits

CHEM 103/L	Chemistry I/L (Fall)		4	<input type="checkbox"/>			
CHEM 104/L	Chemistry II/L (Spring) (C or better in CHEM 103/103L)		4	<input type="checkbox"/>			
BIOL 104/L	Biology II/L (Fall) (C or better in BIOL 103/103L)		4	<input type="checkbox"/>			
PSYCH 101	Intro to Psychology (Fall)		3	<input type="checkbox"/>			

Elective – 3 credits (select from list)

			3	<input type="checkbox"/>			
--	--	--	---	--------------------------	--	--	--

LEVEL II (SECOND YEAR) – 33 credits (Prerequisite) Cr Sem. Grade TR Equiv.

Hallmarks Core Courses – 12 credits

GDIV-2()	Global Diversity (or world language) (Fall) (WRIT-101, AMST-114)		3	<input type="checkbox"/>			
ADIV-2()	American Diversity (Spring) (WRIT-101, AMST-114)		3	<input type="checkbox"/>			
GCIT-2()	Global Citizenship (or world language) (Spring) (WRIT-101, AMST-114)		3	<input type="checkbox"/>			
ETHC-2()	Ethics (Spring) (WRIT-101, AMST-114)		3	<input type="checkbox"/>			
WRIT-20()	Writing Seminar II: Multimedia Communication (Fall) (WRIT-101)		3-4	<input type="checkbox"/>			

Exercise Science Core – 1 credit

EXSC 210	Developing the Interprofessional Team		1	<input type="checkbox"/>			
----------	---------------------------------------	--	---	--------------------------	--	--	--

Professional Pre-req – 15 credits

PHYS 111/L	Physics I/L (Fall)		4	<input type="checkbox"/>			
PHYS 112/L	Physics II/L (Spring) (C or better in PHYS 111/111L)		4	<input type="checkbox"/>			
STAT 220	Statistics for the Behavioral Sciences (Fall) (student option 220 or 301)		3	<input type="checkbox"/>			
STAT 301	Biostatistics (Fall)						

Electives – 6 credits (select from list)

			3	<input type="checkbox"/>			
			3	<input type="checkbox"/>			

LEVEL III (THIRD YEAR) – 36 credits (Prerequisite) Cr Sem. Grade TR Equiv.

Hallmarks Core Courses – 10 credits

CGIS-300	Contemporary Global Issues (Fall) (WRIT-20X AND GDIV-20X or GCIT-20X)		3	<input type="checkbox"/>			
ISEM-3()	Integrative Seminar (Fall) (WRIT-20X AND GDIV-20X or GCIT-20X)		3	<input type="checkbox"/>			
PHIL 499	Philosophies of the Good Life (Spring) (All other Hallmarks core courses)		4	<input type="checkbox"/>			

Exercise Science Core – 15 credits

EXSC-310	Exercise Physiology (Spring)		3	<input type="checkbox"/>			
EXSC 312	Physiological Theory of Health & Exercise (Fall)		3	<input type="checkbox"/>			
EXSC 311	Sports Nutrition (Fall)		3	<input type="checkbox"/>			
EXSC 313	Safety, First Aid & Injury Prevention (Fall)		3	<input type="checkbox"/>			
EXSC 3XX	Internship (Spring)		3	<input type="checkbox"/>			

Professional Pre-req – 8 credits (any HSCI course)

BIOL-201	Anatomy & Physiology Lecture I (Fall) (C or better in BIOL/L-104 or 112)		3	<input type="checkbox"/>			
BIOL-201L	Anatomy & Physiology I Lab (Fall) (C or better in BIOL/L-104 or 112)		1	<input type="checkbox"/>			
BIOL-202	Anatomy & Physiology II Lecture (Spring) (C or better in BIOL/L-201)		3	<input type="checkbox"/>			
BIOL-202L	Anatomy & Physiology II Lab (Spring) (C or better in BIOL/L-201)		1	<input type="checkbox"/>			

Electives – 3 credits (select from list)

			3	<input type="checkbox"/>			
--	--	--	---	--------------------------	--	--	--

LEVEL IV (FOURTH YEAR) – 30 credits (Prerequisite) Cr Sem. Grade TR Equiv.

Exercise Science Core – 15 credits

EXSC-301	Biomechanics (Fall)		3	<input type="checkbox"/>			
EXSC 3XX	Entrepreneurship & Leadership (Fall)		3	<input type="checkbox"/>			
EXSC 3XX	Exercise Prescription (Spring)		3	<input type="checkbox"/>			
EXSC 3XX	Fitness Assessment (Fall)		3	<input type="checkbox"/>			
EXSC 3XX	Internship (Fall)		6	<input type="checkbox"/>			
EXSC 3XX	Exercise for Special Populations (Spring)		3	<input type="checkbox"/>			

Electives – 9 credits (select from list)

			3	<input type="checkbox"/>			
			3	<input type="checkbox"/>			
			3	<input type="checkbox"/>			

TOTAL CREDITS: 135 minimum

Introductory and Fundamentals Courses: (Fundamental *099* courses do **not** count toward graduation requirements. However, WRTG-100 and TXIS-100 **can** be used toward graduation credits in

MATH-099 Fundamentals of College Mathematics	(must earn C or better)	3	<input type="checkbox"/>				
--	-------------------------	---	--------------------------	--	--	--	--

COURSE STATUS: = course to take next semester = course currently being taken = course completed