

# EXERCISE SCIENCE (B.S.) - PRE-PHYSICAL THERAPY TRACK

## STUDENT LEARNING OUTCOMES

- Graduates will be able to assess the basic components of fitness, with an understanding of the health and physiological significance of each measurement.
- Graduates will be able to demonstrate the ability to analyze a biomechanical skill and communicate their findings with an emphasis placed upon performance and injury prevention.
- Graduates will demonstrate professionalism in an authentic situation and will perform as an entry level professional in the field.
- Graduates will be able demonstrate the ability to carry about research by designing a research study, collecting data, analyzing data with the proper statistical analysis and also by writing a research style paper.
- Graduates will show acceptable levels of fitness for professionals in the fields of health and wellness.
- Graduates will be able to review a specific disease pathology, evaluate specific limitations to exercise and create an effective exercise protocol for that population.

## Recommended

- A Global Learning (GL) experience (<http://catalog.walsh.edu/undergraduate/academic-services/#globallearning>)

## Required

- General Education Requirements (<http://catalog.walsh.edu/undergraduate/general-education-curriculum/>)
- Internship

*All courses must be completed with a C- or better to be counted toward completion of the major.*

Code	Title	Hours
<b>Biology</b>		<b>20</b>
BIO 101	FD: T1:Principles of Biology I	
BIO 101L	Principles of Biology I: Lab	
BIO 102	Principles of Biology II	
BIO 102L	Principles of Biology II: Lab	
BIO 209	Anatomy/Physiology I	
BIO 209L	Anatomy/Physiology I: Lab	
BIO 210	Anatomy/Physiology II	
BIO 210L	Anatomy/Physiology II: Lab	
BIO 309	Human Physiology	
<b>Exercise Science</b>		<b>32</b>
EXS 100	Foundations of Exerc & Sprt Sci	
EXS 101	Exercise Physiology I	
EXS 102	Exercise Physiology II	
EXS 150	First Aid and CPR	
EXS 225	Strength Training and Conditin	
EXS 300	ExerciseTesting & Prescription	
EXS 375	Research Design&Elemen.Stats	

EXS 385	Biomechanics	
EXS 484	Pathophys. of Chronic Disease	
EXS 485	SL:Exs.Manag.OfChronicDiseas.	
EXS 494	Internship	
EXS 498	Research Seminar	
<b>Other Requirements</b>		<b>28</b>
CHEM 101	FD:T1:Princ of Chemistry I	
CHEM 101L	Principles of Chemistry I: Lab	
CHEM 102	Principles of Chemistry II	
CHEM 102L	Principles of Chemistry II:Lab	
MATH 155	Elementary Functions I (required for Physics)	
MATH 156	Elementary Functions II (required for Physics)	
MATH 221	Statistics ( MATH 104 - Algebra II is a pre-requisite)	
PHYS 101	Principles of Physics I	
PHYS 101L	Principles of Physics I: Lab	
PHYS 102	Principles of Physics II	
PHYS 102L	Principles of Physics II: Lab	
PSYC 210	T1:DV:FD: HumanDevelAcrossLife	
<b>Electives (choose 2 from the following list OR any other EXS course at the 200 level or above)</b>		<b>6</b>
PHIL 304	H3:TH1:TH2: Bioethics	
EXS 499	Faculty Research Assistant	
PSYC 251	Physiological Psychology	
PSYC 401	DV: TH2: Psychol Disorders	
SOC 311	TH2:CH:SL:H1:DV:Medical Soc.	
EXS Elective (200 level or above)		
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<b>Total Hours</b>		<b>86</b>