

# EXERCISE SCIENCE (B.S.) PRE-OCCUPATIONAL 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

Code	Title	Hours
<b>Biology</b>		<b>14</b>
BIO 200	Medical Terminology	
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 Requirements:</b>		<b>35</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	Exercise Testing & Prescription	
EXS 375	Research Design & Elemen. Stats	
EXS 385	Biomechanics	
EXS 484	Pathophys. of Chronic Disease	
EXS 485	SL: Exs. Manag. Of Chronic Diseas.	
EXS 498	Research Seminar	
<b>Other Requirements</b>		<b>28</b>
EXS 315	Exercise and Sports Nutrition	

	or NS 207 Nutrition	
MATH 155	Elementary Functions I	
MATH 156	Elementary Functions II	
MATH 221	Statistics	
PHYS 101	Principles of Physics I	
PHYS 101L	Principles of Physics I: Lab	
PSYC 120	T1:FD: Principles of Psych	
PSYC 210	T1:DV:FD: Human Devel Across Life	
PSYC 401	DV: TH2: Psychol Disorders	
SOC 101	T1:FD: Principles of Sociology	
<b>Elective Requirements</b>		<b>6</b>
EXS 263	H1:TH1:DV:CIT: Persl/Com Health	
EXS 264	Org/Admin of Ex Sci & Sport	
EXS 330	Cardiac Rehab & Secondary Prev.	
EXS 363	Adv Athletic Injury Management	
EXS 364	Sports Psychology	
EXS 365	TH1:H2B: Sport in American Society	
EXS 401	Advanced Exercise Physiology	
EXS 499	Faculty Research Assistant	
PSYC 251	Physiological Psychology	
SOC 311	TH2:CH:SL:H1:DV: Medical Soc.	
PHIL 304	H3:TH1:TH2: Bioethics	
<b>Total Hours</b>		<b>83</b>