

**CENTENARY UNIVERSITY**  
**B.S. IN EXERCISE SCIENCE**  
**RECOMMENDED FOUR-YEAR SEQUENCE**  
**2023-2024**

<b>Course #</b>	<b>Title</b>	<b>Pre-co-requisites</b>	<b>Credits</b>	<b>Completed</b>
		<b><u>YEAR 1 (FALL)</u></b>		
BIO 1301/1101	General Biology I and Lab		3/1	_____
CHM 1302/1102	General Chemistry I* and Lab	Placement Test, MTH1600	3 /1	_____
BIO 1205	Nature of Work in the Sciences		2	_____
CORE	Wellness 1305 (CU Value I)		2	_____
WRI 1001/2	Composition and Rhetoric	By self-placement	4	_____
		<b><u>YEAR 1 (SPRING)</u></b>		
CHM 1303/1103	General Chemistry II and Lab	CHM 1302 (≥C-)	3/1	_____
CORE	Broad, Enduring Interest (CU Value I)		4	_____
CORE	Global Culture (CU Value IV)		4	_____
MTH 2151	Calculus I* (CU Value III)	Placement test	4	_____
BIO 2300	Medical Terminology		2	_____
		<b><u>YEAR 2 (FALL)</u></b>		
BIO 2302/2102	Anatomy & Physiology I and Lab		3/1	_____
MTH 1501	Statistics I		4	_____
PHY 2300/2100	Physics I and Lab	MTH 2151 (≥C-)	3/1	_____
PSY 1000	Introduction to Psychology		4	_____
		<b><u>YEAR 2 (SPRING)</u></b>		
BIO 2303/2103	Anatomy & Physiology II and Lab	BIO 2302 (≥C-)	3	_____
HSC 2000	Introduction to Health Sciences		2	_____
HSC 2100	First Aid, CPR and Athletic training		3	_____
PHY 2301/2101	Physics II and Lab	PHY2300 (≥C-)	3	_____
		<b><u>YEAR 3 (FALL)</u></b>		
BIO 3306/3106	Human Physiology and Lab	BIO 2303 (≥C-)	3/1	_____
HSC 3306/3106	Kinesiology and Lab	BIO 2303 (≥C-)	3/1	_____
PSY 2020	Lifespan Developmental Psychology	PSY 1000	4	_____
WRI 2200	Intensive Research Writing I	WRI 1001/2	2	_____
		<b><u>YEAR 3 (SPRING)</u></b>		
BIO 4300	Bioethics		4	_____
HSC 3100	Nutrition for Sports, Exercise & Weight Management		3	_____
HSC 3307/3107	Exercise Physiology and Lab	BIO 3306 (≥C-)	3/1	_____
WRI 2210	Intensive Research Writing II	WRI 1001/2	2	_____
		<b><u>YEAR 4 (FALL)</u></b>		
COM2001	Public Speaking		4	_____
CORE	Creative Expression & Self (CU Value IV)		4	_____
HSC 3200	Principles of Strength Training and Conditioning		3	_____
HSC 4301/4101	Biomechanics of Exercise	HSC 3307 (≥C-)	3/1	_____
		<b><u>YEAR 4 (SPRING)</u></b>		
HSC 4302/4102	Biomechanics of Injury & Injury Preven & Lab	HSC 4301 (≥C-)	3/1	_____
HSC 4205/4105	Exercise Testing and Prescription & Lab	HSC 3307 (≥C-)	2/1	_____
HSC 4307/4107	Experimental Exercise Physiology & Lab	HSC 3307	3/1	_____
INT4000	Internship		4	_____
<b>Total</b>			<b>120</b>	

\* Chemistry/math placement test must be taken prior to entry into the course.

STUDENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**UNIVERSITY CORE REQUIREMENTS (40 CR)      GRADE**

**CU Value I: College Transition      (8 Credits)**

_____	4CR	_____
Broad, Enduring Interest		
<u>BIO 1205 Nature of Work in the Sciences</u>	2CR	_____
_____	2CR	_____
Wellness		

**CU Value II: Communication      (12 Credits)**

Written Communication (Requires C- or Better)		
WRI-1001 or WRI-1002	4CR	_____
WRI 2200 Intensive Research Writing I	2CR	_____
WRI 2210 Intensive Research Writing II	2CR	_____
COM 2001 Public Speaking	4CR	_____

**CU Value III: STEM      (8 Credits)**

*BIO 1301/1101 General Biology I + Lab	Major	_____
*MTH 2151 Calculus I	Major	_____

**CU Value IV: Community, Citizenship, & Selves (12 Credits)**

_____	4CR	_____
Global Culture		
<u>BIO 4300 Bioethics</u>	Major	_____
Community & Responsibility		
_____	4CR	_____
Creative Expression & Self		

**MAJOR-RELATED REQUIREMENTS      (32 CR)      GRADE**

*CHM 1302 General Chemistry I	3CR	_____
*CHM 1102 General Chemistry I Lab	1CR	_____
*CHM 1303 General Chemistry II	3CR	_____
*CHM 1103 General Chemistry II Lab	1CR	_____
*PHY 2300 Physics I	3CR	_____
*PHY 2100 Physics I Lab	1CR	_____
PHY 2301 Physics II	3CR	_____
PHY 2101 Physics II Lab	1CR	_____
PSY 1000 Intro. To Psychology	4CR	_____
PSY 2020 Lifespan Develop. Psychology	4CR	_____
MTH 1501 Statistics I	4CR	_____
*MTH 2151 Calculus I	4CR	_____

**MAJOR REQUIREMENTS      (60 CR) GRADE**

*BIO 1301 General Biology I	3CR	_____
*BIO 1101 General Biology I Lab	1CR	_____
*BIO 2302 Anatomy & Physiology I	3CR	_____
*BIO 2102 Anatomy & Physiology I Lab	1CR	_____
*BIO 2303 Anatomy & Physiology II	3CR	_____
*BIO 2103 Anatomy & Physiology II Lab	1CR	_____
BIO 2300 Medical Terminology	2CR	_____
*BIO 3306 Human Physiology	3CR	_____
*BIO 3106 Human Physiology Lab	1CR	_____
BIO 4300 Bioethics	4CR	_____
HSC 2000 Intro. to Health Sciences	2CR	_____
*HSC 2100 First Aid, CPR & Athl. Train.	3CR	_____
HSC 3100 Nutrition Sports, Exercise & Weight Management	3CR	_____
HSC 3200 Principles Strength Training & Conditioning	3CR	_____
*HSC 3306 Kinesiology	3CR	_____
*HSC 3106 Kinesiology Lab	1CR	_____
*HSC 3307 Exercise Physiology	3CR	_____
*HSC 3107 Exercise Physiology Lab	1CR	_____
HSC 4301 Biomechanics of Exercise	3CR	_____
HSC 4101 Biomechanics of Exercise Lab	1CR	_____
HSC 4302 Biomechanics-Injury/Prevent.	3CR	_____
HSC 4102 Biomechanics-Injury/ Prevent. Lab	1CR	_____
HSC 4205 Exercise Test & Prescript.	2CR	_____
HSC 4105 Exercise Test & Prescript. Lab	1CR	_____
HSC 4307 Experimental Exercise Phys.	3CR	_____
HSC 4107 Experimental Exercise Phys. Laboratory	1CR	_____
INT 4000 Internship	4CR	_____

**TOTAL NUMBER OF CREDITS: 120**

**Notes:**

1. To earn a Bachelor degree, all graduates must successfully complete a minimum of 120 credit hours, major dependent.
2. Minimum of 32 credits must be taken at Centenary University.
3. All graduates must have a minimum cumulative grade point average of 2.0 or above.
4. All graduates must have a minimum of 2.0 GPA in their major(s).
5. Courses that are special topic listed in the title, typically ending with a 99, are repeatable. Courses are counted multiple times and do not replace grades of the previous special topic course.
6. Credits can only be shared between the core and the major or core and minor requirements. Shared credits within the core requirements is not allowed
7. **\* Must earn C- or better in these courses.**
8. **±Students interested in occupational therapy will need to take abnormal psychology and introduction to sociology to meet application prerequisites.**