

CENTENARY UNIVERSITY
B.S. IN EXERCISE SCIENCE
RECOMMENDED FOUR-YEAR SEQUENCE
2022-2023

Course #	Title	Pre-co-requisites	Credits	Completed
<u>YEAR 1 (FALL)</u>				
BIO 1301	General Biology I		3	_____
BIO 1101	General Biology I Lab		1	_____
CHM 1302	General Chemistry I	Placement Test, MTH1600	3	_____
CHM 1102	General Chemistry I Lab		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	_____
<u>YEAR 1 (SPRING)</u>				
BIO 1302	General Biology II	BIO 1301 (≥C-)	3	_____
BIO 1102	General Biology II Lab	BIO 1301 (≥C-)	1	_____
CHM 1303	General Chemistry II	CHM 1302 (≥C-)	3	_____
CHM 1103	General Chemistry II Lab	CHM 1302 (≥C-)	1	_____
CORE	Broad, Enduring Interest (CU Value I)		4	_____
MTH 2151	Calculus I* (CU Value III)	Placement test	4	_____
BIO 2300	Medical Terminology		2	_____
<u>YEAR 2 (FALL)</u>				
BIO 2302	Anatomy & Physiology I	BIO 1301 (≥C-)	3	_____
BIO 2102	Anatomy & Physiology I Lab	BIO 1301 (≥C-)	1	_____
MTH 1501	Statistics I		4	_____
PHY 2300	Physics I	MTH 2151 (≥C-)	3	_____
PHY 2100	Physics I Lab	MTH 2151 (≥C-)	1	_____
PSY 1000	Introduction to Psychology		4	_____
<u>YEAR 2 (SPRING)</u>				
BIO 2303	Anatomy & Physiology II	BIO 2302 (≥C-)	3	_____
BIO 2103	Anatomy & Physiology II Lab	BIO 2302 (≥C-)	1	_____
HSC 2000	Introduction to Health Sciences		2	_____
HSC 2100	First Aid, CPR and Athletic training		3	_____
PHY 2301	Physics II	PHY2001 (≥C-)	3	_____
PHY 2101	Physics II Lab	PHY2001 (≥C-)	1	_____
<u>YEAR 3 (FALL)</u>				
BIO 3305/3105	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	_____
<u>YEAR 3 (SPRING)</u>				
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	_____
<u>YEAR 4 (FALL)</u>				
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	_____
<u>YEAR 4 (SPRING)</u>				
CORE	Global Culture (CU Value IV)		4	_____
HSC 4302/4102	Biomechanics of Injury & Injury Preven & Lab	HSC 4301 (≥C-)	3/1	_____
HSC 4205/4105	Exercise Testing and Prescription and Lab	HSC 3307 (≥C-)	2/1	_____
INT4000	Internship		4	_____
			Total	120

* Chemistry/math placement test must be taken prior to entry in course.

STUDENT NAME: _____

DATE: _____

UNIVERSITY CORE REQUIREMENTS (40 CR)	GRADE	*MAJOR REQUIREMENTS	(60 CR) GRADE
CU Value I: College Transition (8 Credits)		BIO 1301 General Biology I	3CR _____
_____	4CR _____	BIO 1101 General Biology I Lab	1CR _____
Broad, Enduring Interest		BIO 1302 General Biology II	3CR _____
<u>BIO 1205 Nature of Work in the Sciences</u>	2CR _____	BIO 1102 General Biology II Lab	1CR _____
_____	2CR _____	BIO 2302 Anatomy & Physiology I	3CR _____
Wellness		BIO 2102 Anatomy & Physiology I Lab	1CR _____
		BIO 2303 Anatomy & Physiology II	3CR _____
CU Value II: Communication (12 Credits)		BIO 2103 Anatomy & Physiology II Lab	1CR _____
Written Communication (Requires C- or Better)		BIO 2300 Medical Terminology	2CR _____
WRI-1001 or WRI-1002	4CR _____	BIO 3305 Human Physiology	3CR _____
WRI 2200 Intensive Research Writing I	2CR _____	BIO 3105 Human Physiology Lab	1CR _____
WRI 2210 Intensive Research Writing II	2CR _____	BIO 4300 Bioethics	4CR _____
COM 2001 Public Speaking	4CR _____	HSC 2000 Intro. to Health Sciences	2CR _____
		HSC 2100 First Aid, CPR & Athl. Train.	3CR _____
CU Value III: STEM (8 Credits)		HSC 3100 Nutrition Sports, Exercise & Weight Management	3CR _____
*BIO 1301/1101 General Biology I + Lab	Major _____	HSC 3200 Principles Strength Training & Conditioning	3CR _____
*MTH 2151 Calculus I	Major _____	HSC 3306 Kinesiology	3CR _____
CU Value IV: Community, Citizenship, & Selves (12 Credits)		HSC 3106 Kinesiology Lab	1CR _____
_____	4CR _____	HSC 3307 Exercise Physiology	3CR _____
Global Culture		HSC 3107 Exercise Physiology Lab	1CR _____
<u>BIO 4300 Bioethics</u>	Major _____	HSC 4301 Biomechanics of Exercise	3CR _____
Community & Responsibility		HSC 4101 Biomechanics of Exercise Lab	1CR _____
_____	4CR _____	HSC 4302 Biomechanics-Injury/Prevent.	3CR _____
Creative Expression & Self		HSC 4102 Biomechanics-Injury/ Prevent. Lab	1CR _____
		HSC 4205 Exercise Test & Prescript.	2CR _____
MAJOR-RELATED REQUIREMENTS (32 CR) GRADE		HSC 4105 Exercise Test & Prescript. Lab	1CR _____
CHM 1302 General Chemistry I	3CR _____	INT 4000 Internship	4CR _____
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 _____		

TOTAL NUMBER OF CREDITS: 120

Notes:

- To earn a Bachelor degree, all graduates must successfully complete a minimum of 120 credit hours, major dependent.
- Minimum of 32 credits must be taken at Centenary University.
- All graduates must have a minimum cumulative grade point average of 2.0 or above.
- All graduates must have a minimum of 2.0 GPA in their major(s).
- 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.
- 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
- * Must earn C- or better in all major and major-related courses.**
- ±Students interested in occupational therapy will need to take abnormal psychology and introduction to sociology to meet application prerequisites.**