

Bachelor of Science in Exercise Science Course Requirements

Pre-Physical Therapy Suggested Course Requirements

The Bachelor of Science degree in Exercise Science is an accredited program that prepares students for careers in exercise physiology, cardiac rehabilitation, strength and conditioning, or as an exercise specialist in corporate fitness and sports medicine clinics. This program is excellent preparation for graduate or professional programs such as physical therapy.

Course requirements involve 65–68 semester hours including:

ALHL-3030 Nutrition	3
BIO-1115 Biology I: Cell Biology	4
CHEM-1110 General Chemistry I	4
CHEM-1120 General Chemistry II	4
EXSC-1350 Introduction to Exercise Science	2
EXSC-1400 First Aid and Safety Education	2
EXSC-2000 Worksite Observation	0
EXSC-3010 Practicum I	1
EXSC-3020 Practicum II	1
EXSC-3380 Motor Learning and Control	3
EXSC-3700 Physiology of Exercise	3
EXSC-3800 Sport Psychology	3
EXSC-3860 Basic Exercise Testing	4
EXSC-3870 Basic Exercise Prescription	4
EXSC-3890 Organization and Administration of Exercise Science	3
EXSC-3920 Biomechanics	3
EXSC-3940 Structural Kinesiology	3
EXSC-4600 Research Methods	3
EXSC-4700 Senior Research	3
EXSC-4880 Exercise Testing and Prescription for Special Populations	3
EXSC-4990 Internship in Exercise Science (capstone)	9-12
GBIO-2010 Human Anatomy and Physiology I	4
GBIO-2015 Human Anatomy and Physiology II	4
GMTH-1030 Precalculus	4
PHYS-1010 College Physics I	4
PHYS-1020 College Physics II	4
PYCH-1600 General Psychology	3
PYCH-2600 Human Development: Lifespan	3
PYCH-2610 Statistics	3
PYCH-2640 Abnormal Psychology	3
*ALHL-2000 Medical Terminology	3
**GBIO-2210 Principles of Microbiology	4

*May be advantageous to take for some physical therapy schools

**Most Physical Therapy programs tend to require two Biology courses

Bachelor of Science in Exercise Science, **Pre-Physical Therapy** Sample Four-Year Plan

FALL SEMESTER		SPRING SEMESTER	
FRESHMAN			
BIO-1115 Biology I: Cell Biology	4	*BTGE-1725 Bible & The Gospel	3
*COM-1100 Fundamentals of Speech	3	‡GBIO-2010 Human Anatomy and Physiology I	4
*ENG-1400 Composition	3	*§GMTH-1030 Precalculus	4
EXSC-1350 Introduction to Exercise Science	2	*Social Science (¶PYCH-1600 General Psychology)	3
*HUM-1400 Introduction to the Humanities	3	GSS-1100 Politics and American Culture	3
*PEF-1990 Physical Activity and Healthy Living	2		
		SUMMER	
		EXSC-2000 Worksite Observation	0
Total 17		Total 17	
SOPHOMORE			
*BTGE-2730 Old Testament Literature	3	*BTGE-2740 New Testament Literature	3
†CHEM-1110 General Chemistry I	4	†CHEM-1120 General Chemistry II	4
§GBIO-2015 Human Anatomy and Physiology II	4	EXSC-3700 Physiology of Exercise	3
*Humanities elective (**Global Awareness if needed)	3	EXSC-3940 Structural Kinesiology	3
PYCH-2600 Human Development: Lifespan	3	PYCH-2610 Statistics	3
Total 17		Total 16	
JUNIOR			
EXSC-1400 First Aid & Safety Education	2	AHLH-3030 Nutrition	3
EXSC-3380 Motor Learning and Control	3	EXSC-3870 Basic Exercise Prescription	4
EXSC-3860 Basic Exercise Testing	4	EXSC-4600 Research Methods	3
‡GBIO-2210 Principles of Microbiology	4	PHYS-1020 College Physics II	4
PHYS-1010 College Physics I	4	PYCH-2640 Abnormal Psychology	3
Total 17		Total 17	
		SUMMER	
		EXSC-4990 Internship in Exercise Science .. 9-12	
		Total 9-12	
SENIOR			
*BTGE 3755 Theology I	3	ALHL-2000 Medical Terminology	3
EXSC-3010 Practicum I	1	BTGE-3765 Theology II	3
EXSC-3800 Sport Psychology	3	EXSC-3020 Practicum II	1
EXSC-3890 Org & Admin of Exercise Science	3	EXSC- 3920 Biomechanics	3
EXSC-4700 Senior Research	3	*One course in History (HIST-XXXX)	3
EXSC-4880 Exer Test & Rx for Special Populations ...	3	*Any 2000-level Literature course (LIT-2XXX)	3
Total 16		Total 16	

Italics - General Education Courses

* Dual Enrollment courses related to this major. See Cedarville.edu/admissions/dual enrollment

** Cultural Anthropology fulfills both the Humanities elective and the Global Awareness requirement (if it is needed)

† Fulfills Exercise Science requirement and physical science general education requirement

‡ Fulfills Exercise Science requirement and biological science general education requirement

§ Fulfills Exercise Science requirement and counts toward the 16 semester hours of science and mathematics courses required for Bachelor of Science degree

¶ Fulfills Pre-Physical Therapy requirement and Social Sciences and History elective