

Exercise Science and Pre-Physical Therapy Double Major Four Year Plan

This is a suggested program guide. It is not to be interpreted as a contract. Changes may occur. Please see your program advisor before you register for courses.

Updated 4/21

YEAR	FALL	SPRING
First Year	BENV100 Becoming a Scholar 3 Writing Well Competency 3 CEM 121 General Inorganic Chemistry 1 5 MAT 135 Calculus 1 5 (or MAT 114 Pre-calculus – if needed – (4) Total 15-16	Speaking and Listening Competency 3 BUS/PSY/SOC 284 General Statistics* 3 PSY 110 Introduction to Psychology 3 CEM 122 General Inorganic Chemistry 2 5 HFS 220 Personal/Com Health Concerns 3 Total 17
Second Year	BIO 230 Human Anatomy & Physiology 1 4 PHY 211 Physics for Science/Engineering 1 5 HFS 110 Introduction to Exercise Science 3 HFS 117 Introduction to Sport Medicine 3 Total 15	BENV200 Learning in Community 5 PSY 250 Abnormal Psychology** 3 BIO 231 Human Anatomy & Physiology 2 4 PHY 212 Physics for Science/ Engineering 2 5 Total 17
Third Year	Creative Expression Competency 3 HFS 320 Exercise Physiology 3 (BIO 303 Genetics***offered even years only) (4) BIO 335 Cell Biology*** 4 NTR 225 Fundamentals of Nutrition 3 PSY 235 Developmental Psychology** 3 Total 16-20	HFS 255 Competitive Strength Training 2 Or HFS 265 Personal Strength Training (2) Reading the Bible Competency 3 BENV300 Cross-cultural Experience 3 HFS 310 Kinesiology 3 BIO 301 Microbiology*** 4 Total 15
Fourth Year	HFS 315 Therapeutic Recreation* 3 HFS 120/130 Team Sports 1 or 2 3 NTR 260 Obesity Research & Sport Nutrition 3 HFS 320 Exercise Physiology 3 NTR 240 Physical & Nutrition Assessment 2 (BIO 303 Genetics*** offered even years only) (4) Total 14-18	Religious Understanding Competency 3 Exploring the Past Competency 3 BENV400 Christian Values in a Global Comm. 2 HFS 301 Biomechanics of Physical Activity 3 HFS 205 Leadership 3 HFS 385 Internship 3 Total 17

Total hours needed to complete graduation requirements are 124. (This includes 2 hours of Arts and Lecture credit.)

Bold face print denotes major course requirements. Suggested minors include biology, psychology, or wellness. NTR340 Human Pathophysiology is a suggested course.

*MAT340 Probability and Statistics (3 hours) is an allowable substitution for General Statistics, but it requires the advanced math prerequisite courses MAT136 Calculus 2 and MAT225 Multivariate Calculus that are not required for the pre-PT major. Please discuss this option with your advisor if you plan to take additional math courses.

**The major requires either PSY235 or PSY250. A few PT programs require both courses. Many require PSY235.

***The major requires two of the following three biology courses: BIO301, BIO303, and BIO335.

Students should work with their advisor to ensure completion of the specific prerequisite courses required by the PT programs to which they plan to apply (<http://www.ptcas.org/Directory/>).

Students must also fulfill the PT observation hours required by the PT programs to which they plan to apply

(<http://aptaapps.apta.org/ptcas/observationhours.aspx>).

Note: The Scientific Inquiry, Critical Analysis, Living Well and Understanding Self and Society competencies are met by this double major.