College of Health, Science, and Technology
Department of Rehabilitation Sciences

Bloomsburg LOCK HAVEN MANSFIELD
COMMONWEALTH UNIVERSITY

Exercise Science: Pre-Chiropractic Medicine

Bachelor of Science (BS)

This degree map is based on the 2024-25 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

Sample 4-Year Plan

First Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER161 Introduction to Health and Exercise Science	3	EXER294 Resistance Training Techniques	3
HLSC115/BIOL180 Human Anatomy and Physiology I	4	HLSC120/BIOL181 Human Anatomy and Physiology II	4
FYS100 First Year Seminar	3	STAT141 Introduction to Statistics	3
WRIT103 Foundations in Composition	3	General Education	6
General Education	3		
Semester Total	16	Semester Total	16

Second Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER306 Psychology of Sport and Exercise	3	CHEM116 Physiological Chemistry I OR CHEM121 General Chemistry I	4
EXER360 Sport Nutrition	3	EXER255 Functional Anatomy	3
PHYS208 Introductory Physics I	4	General Education	6
General Education	6	General Elective	3
Semester Total	16	Semester Total	16

Third Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER378 Exercise Physiology	3	EXER351 Biomechanics	3
EXER380 Research Methods in Health and Exercise Science	3	EXER383 Exercise Programming	3
Major Elective	3	EXER397 Exercise and Aging	3
General Education	3	EXER478 Exercise Physiology II	3
General Elective	3	Major Elective	3
Semester Total	15	Semester Total	15

Fourth Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER261 First Aid and Safety	3	EXER414 Exercise Testing and Prescription for Special Populations	3
EXER477 Exercise Testing and Prescription	3	EXER498 Exercise Science Internship	6
Major Elective	3	General Elective	3
General Elective	5		
Semester Total	14	Semester Total	12

Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

Revised November, 2025

Pre-Chiropractic Medicine

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Curriculum Checklist

Exercise Science Core (49 credits)

___ EXER161 Introduction to Health and Exercise Science (3)
___ EXER255 Functional Anatomy (3)
___ EXER294 Resistance Training Techniques (3)
___ EXER306 Psychology of Sport and Exercise (3) *
___ EXER351 Biomechanics (3) *
___ EXER360 Sport Nutrition (3) *
___ EXER378 Exercise Physiology (3) *
___ EXER380 Research Methods in Health and Exercise Science (3) *
___ EXER383 Exercise Programming (3) *
___ EXER397 Exercise and Aging (3) *
___ EXER414 Exercise Testing and Prescription for Special Populations (3) *
___ EXER477 Exercise Testing and Prescription (3) *
___ EXER478 Exercise Physiology II (3) *
___ EXER498 Exercise Science Internship (6) *
___ HLSC120/BIOL181 Human Anatomy and Physiology II (4)

Exercise Science Electives (9 - 11 credits)

___ EXER282 Care and Prevention of Athletic Injuries (3)
___ EXER284 Aquatic Exercise Programming (3)
___ EXER285 Exercise and Mental Health (3)
___ EXER287 Introduction to Coaching (3)
___ EXER295 Tests and Assessments (3) *
___ EXER410 Instrumentation and Lab Techniques (3) *
___ EXER411 ECG, Exercise Testing, and Cardiac Rehabilitation (3) *
___ EXER413 Current Issues in Sport and Exercise (3) *
___ EXER453 Clinical Exercise Physiology (3) *
___ EXER493 Independent Study (3) *
___ BIOL108/HLSC108 Medical Terminology (3)
___ BIOL110 Principles of Biology I (4)
___ BIOL111 Principles of Biology II (4)
___ CHEM122 General Chemistry II (4) *
___ HLSC332 Psychological Considerations of Injury and Illness (3) *
___ HLSC406 Biomechanics of Injury (3) *
___ HLSC420 Rehabilitation Science (3) *
___ HLSC451 Advanced Human Anatomy (3) *
___ PHYS209 Introductory Physics II (4) *
___ SPPP208 Introduction to Sport and Performance Psychology (3)

^ Denotes contingency enrollment in course

Enrollment in this course is contingent on an ALEKS math placement score ≤ 61 or successful completion of MATH118 College Algebra with a grade of C or better

*Denotes advanced coursework

Students must take a minimum of 42 credits of advanced coursework. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.

General Education Requirements (48 credits)

Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below

- Foundations (15 credits)
  - First Year Seminar: FYS100 First Year Seminar (3)
  - Writing: WRIT103 Foundations in Composition (3)
  - Quantitative: STAT141 Introduction to Statistics (3)
- Interconnections (9 credits)
- Citizenship and Responsibility (6 credits from at least two goals)
  - Citizenship: EXER261 First Aid and Safety (3)
- Natural World and Technologies (9 credits)
  - Natural World: CHEM116 Physiological Chemistry I (4) OR CHEM121 General Chemistry I (4) ^
  - Natural World: HLSC115/BIOL180 Human Anatomy and Physiology I (4)
  - Natural World: PHYS208 Introductory Physics I (4) ^
- Creativity and Expression (6 credits)

Degree Requirements

All students must obtain a minimum of 120 credits (a minimum of 42 credits must be advanced coursework), complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

***ALL** Exercise Science Core and Exercise Science Elective courses must be completed with a grade of C or better to be eligible for graduation.*

Campus Locations

Bloomsburg	☐ Online; ☒ In-person; ☐ Blended
Lock Haven	☐ Online; ☒ In-person; ☐ Blended
Mansfield	☐ Online; ☐ In-person; ☐ Blended
Clearfield	☐ Online; ☐ In-person; ☐ Blended