College of Health, Science, and Technology

Bloomsburg LOCK HAVEN MANSFIELD
COMMONWEALTH UNIVERSITY

Exercise Science: Pre-Chiropractic

Bachelor of Science (BS)

This degree map is based on the current Academic Catalog and is subject to change. Please note that the degree map is designed to give you a sense of roughly how courses might be distributed over a 4-year degree. Your exact schedule will differ depending on a range of factors though we recommend taking a minimum of 15 credits each fall and spring semester. Regular consultation with your academic advisor is the best way to make sure that you are taking the courses you need in the right order to ensure efficient progress through your degree program.

Sample 4-Year Plan

First Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER161 Introduction to Health & Exercise Science	3	EXER294 Resistance Training Techniques	3
HLSC115/BIOL180 Human Anatomy & Physiology 1	4	HLSC120/BIOL181 Human Anatomy & Physiology 2	4
WRIT103 Foundations in Composition	3	STAT141/STAT141A Introduction to Statistics	3
FYS100 First Year Seminar	3	General Education	6
General Education	3		
Semester Total	16	Semester Total	16

Second Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
HLSC108/BIOL108 Medical Terminology for Health Science	3	EXER360 Sport Nutrition	3
PHYS208 Introductory Physics 1	4	CHEM116 Physiological Chemistry 1	4
EXER306 Psychology of Sport and Exercise	3	EXER295 Tests and Assessments	3
General Education	6	General Education	6
Semester Total	16	Semester Total	16

Third Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER378 Exercise Physiology	3	EXER478 Advanced Exercise Physiology	3
EXER351 Biomechanics	3	EXER380 Research Methods in Health and Exercise Science	3
General Education	6	Electives	8
Elective	3		
Semester Total	15	Semester Total	14

Fourth Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER453 Clinical Exercise Physiology	3	EXER498 Exercise Science Internship	6
EXER477 Exercise Testing and Prescription	3	Electives	6
EXER261 First Aid and Safety	3		
Electives	6		
Semester Total	15	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 February 2025

Pre-Chiropractic

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Curriculum Checklist

Exercise Science Core (46 credits)

___ EXER161 Introduction to Health and Exercise Science (3)
___ EXER294 Resistance Training Techniques (3)
___ EXER295 Tests and Assessments (3)
___ EXER306 Psychology of Sport and Exercise (3) *
___ EXER351 Biomechanics (3) *
___ EXER60 Sport Nutrition (3) *
___ EXER378 Exercise Physiology (3) *
___ EXER380 Research Methods in Health and Exercise Science (3) *
___ EXER453 Clinical Exercise Physiology (3) *
___ EXER477 Exercise Testing and Prescription (3) *
___ EXER478 Advanced Exercise Physiology (3) *
___ EXER498 Exercise Science Internship (6) *
___ HLSC108/BIOL108 Medical Terminology for Health Science (3)
___ HLSC120/BIOL181 Human Anatomy and Physiology 2 (4)

Exercise Science Electives (11 credits)

___ EXER255 Functional Anatomy (3)
___ EXER261 First Aid and Safety (3)
___ EXER284 Aquatic Exercise Programming (3)
___ EXER285 Exercise and Mental Health (3)
___ EXER287 Introduction to Coaching (3)
___ EXER295 Tests and Assessments (3)
___ EXER304 Principles of Resistance Training (3) *
___ EXER397 Exercise and Aging (3) *
___ EXER411 EGG, Exercise Testing, and Cardiac Rehabilitation (3) *
___ EXER413 Current Issues in Sport and Exercise (3) *
___ EXER493 Independent Study (3) *
___ HLSC202 Care and Prevention of Physical Injury (3)
___ HLSC406 Biomechanics of Injury (3) *
___ HLSC407 Advanced Human Physiology and Mechanisms of Disease (4) *
___ HLSC420 Rehabilitation Science (3) *
___ HLSC451 Advanced Human Anatomy (3) *

*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 Bann

General Education Requirements (45 credits)

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

- Foundations (15 credits)
  - Quantitative: STAT141 Statistics (3)
- Interconnections (9 credits)
- Citizenship & Responsibility
  (6 credits from at least two goals)
- Natural World & Technologies (9 credits)
  - CHEM121 Chemistry 1 (4)
  - HLSC115/BIOL180 Human & Physiology 1 (4)
  - PHYS208 Physics 1 (4)
- Creativity & 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.

A minimum GPA of 2.0 in the major and overall are required.