

THOMAS JEFFERSON UNIVERSITY
BACHELOR OF SCIENCE: EXERCISE SCIENCE

2023-2024

Name _____

Campus Key: _____

LEVEL I (FIRST YEAR) – 36-38 credits

(Prerequisite) Cr Sem. Grade TR Equiv.

Hallmarks Core Courses – 17-19 credits

FYS-100	Pathways Seminar (Fall)	1	<input type="checkbox"/>		
WRIT-101/G/S	Writing Seminar I: Written Communication (Spring)	3-4	<input type="checkbox"/>		
AVIS-101	American Visions (Fall)	3	<input type="checkbox"/>		
BIOL-103	Biology I (Fall)	3	<input type="checkbox"/>		
BIOL-103L	Biology I Lab (Fall)	1	<input type="checkbox"/>		
MATH-110/102	Quantitative Reasoning I (based on placement, see below) (Fall)	3-4	<input type="checkbox"/>		
MATH-103	Pre-calculus (3-4 cr.)				
MATH-111	Applied Calculus (3 cr.)				
	Calculus I (4 cr.) (MATH 110)				
PSYC-213	Developmental Psychology (Spring) (PSYC 101)	3	<input type="checkbox"/>		

Exercise Science Core – 1 credit

EXSC-110	Introduction to Exercise Science (Spring)	1	<input type="checkbox"/>		
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Professional Pre-req – 15 credits

CHEM-103/L	Chemistry I/L (Fall) (pre or co-req MATH-102 or higher)	4	<input type="checkbox"/>		
CHEM-104/L	Chemistry II/L (Spring) (C- or better in CHEM 103/103L)	4	<input type="checkbox"/>		
BIOL-104/L	Biology II/L (Fall) (C- or better in BIOL 103/103L)	4	<input type="checkbox"/>		
PSYC-101	Intro to Psychology (Fall)	3	<input type="checkbox"/>		

Elective - 3 credits (select from list)

()		3	<input type="checkbox"/>		
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LEVEL II (SECOND YEAR) – 33 credits

(Prerequisite) Cr Sem. Grade TR Equiv.

Hallmarks Core Courses – 15 credits

GDIV-2()	Global Diversity (or world language) (Fall) (WRIT-101, AVIS-101)	3	<input type="checkbox"/>		
ADIV-2()	American Diversity (Spring) (WRIT-101, AVIS-101)	3	<input type="checkbox"/>		
GCIT-2()	Global Citizenship (or world language) (Spring) (WRIT-101, AVIS-101)	3	<input type="checkbox"/>		
ETHC-2()	Ethics (Spring) (WRIT-101, AVIS-101)	3	<input type="checkbox"/>		
WRIT-201	Writing Seminar II: Multimedia Communication (Fall) (WRIT-101)	3	<input type="checkbox"/>		

Exercise Science Core - 1 credits

EXSC-210	Developing the Interprofessional Team	1	<input type="checkbox"/>		
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Professional Pre-req - 11 credits

PHYC-111/L	Physics I/L (Fall) (MATH-100)	4	<input type="checkbox"/>		
PHYC-112/L	Physics II/L (Spring) (C- or better in PHYC 111/111L)	4	<input type="checkbox"/>		
STAT-220	Statistics for the Behavioral Sciences (Fall) (student option 220 or 301)	3	<input type="checkbox"/>		
BIOL-312	Biostatistics (Fall)				

Electives - 6 credits (select from list)

()		3	<input type="checkbox"/>		
()		3	<input type="checkbox"/>		

LEVEL III (THIRD YEAR) – 36 credits

(Prerequisite) Cr Sem. Grade TR Equiv.

Hallmarks Core Courses – 10 credits

CGIS-300	Contemporary Global Issues (Fall) (WRIT-201 AND GDIV-2XX or GCIT-2XX)	3	<input type="checkbox"/>		
ISEM-3()	Integrative Seminar (Fall) (WRIT-201 AND GDIV-2XX or GCIT-2XX)	3	<input type="checkbox"/>		
PHIL-499	Philosophies of the Good Life (Spring) (CGIS-300, ETHC-2XX, ADIV-2XX, MATH-100X, GCIT-2XX, GDIV-2XX, ISEM-3XX, Sci Undstg)	4	<input type="checkbox"/>		

Exercise Science Core – 15 credits

EXSC-310	Exercise Physiology (Spring)	3	<input type="checkbox"/>		
EXSC-312	Psychological Theory of Health & Exercise (Fall)	3	<input type="checkbox"/>		
EXSC-311	Sports Nutrition (Fall)	3	<input type="checkbox"/>		
EXSC-313	Safety, First Aid & Injury Prevention (Fall)	3	<input type="checkbox"/>		
EXSC-330	Internship (Spring)	3	<input type="checkbox"/>		

Professional Pre-req – 8 credits (any HSCI course)

BIOL-201	Anatomy & Physiology Lecture I (Fall) (C- or better in BIOL-104/104L or BIOL-112/112L)	3	<input type="checkbox"/>		
BIOL-201L	Anatomy & Physiology I Lab (Fall) (C- or better in BIOL-104/104L or BIOL-112/112L)	1	<input type="checkbox"/>		
BIOL-202	Anatomy & Physiology II Lecture (Spring) (C- or better in BIOL-201/201L)	3	<input type="checkbox"/>		
BIOL-202L	Anatomy & Physiology II Lab (Spring) (C- or better in BIOL-201/201L)	1	<input type="checkbox"/>		

Electives - 3 credits (select from list)

()		3	<input type="checkbox"/>		
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LEVEL IV (FOURTH YEAR) – 30 credits

(Prerequisite) Cr Sem. Grade TR Equiv.

Exercise Science Core – 30 credits

EXSC-301	Biomechanics (Fall)	3	<input type="checkbox"/>		
EXSC-414	Business and Leadership in Exercise Science (Fall)	3	<input type="checkbox"/>		
EXSC-401	Exercise Prescription (Spring)	3	<input type="checkbox"/>		
EXSC-405	Fitness Assessment (Fall)	3	<input type="checkbox"/>		
EXSC-430	Internship II (Fall)	6	<input type="checkbox"/>		
EXSC-410	Exercise for Special Populations (Spring)	3	<input type="checkbox"/>		
EXSC-416	Research Methods (Spring)	3	<input type="checkbox"/>		
EXSC-412	Foundations of Strength and Conditioning (Spring)	3	<input type="checkbox"/>		
EXSC-402	Coaching - Strength Training (Fall)	3	<input type="checkbox"/>		

TOTAL CREDITS: 135 minimum

Introductory and Fundamentals Courses: (Fundamental "099" courses do **not** count toward graduation requirements. However, WRIT-100 and TXIS-100 **can** be used toward graduation credits in the free electives category.)

MATH-099 Fundamentals of College Mathematics (must earn C or better)	3	<input type="checkbox"/>			
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COURSE STATUS: = course to take next semester = course currently being taken = course completed