

THOMAS JEFFERSON UNIVERSITY  
BACHELOR OF SCIENCE: EXERCISE SCIENCE

Name \_\_\_\_\_

**LEVEL I (FIRST YEAR) – 36-37 credits**

**Hallmarks Core Courses – 20-21**

FYS-100	Pathways Seminar (Fall)
WRIT-101/101G	Writing Seminar I: Written Communication (Spring)

AMST-114	Topics in American Studies (Fall)
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BIOL-103	Biology I (Fall)
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BIOL-103L	Biology I Lab (Fall)
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MATH-111	Quantitative Reasoning I (based on placement, see below) (Fall)
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MATH-110/102	Pre-calculus (3-4 cr.)
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MATH-103	Introduction to Calculus (3 cr.)
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MATH-111	Calculus I (4 cr.)
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PSYCH-213	Developmental Psychology (Spring)
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**Exercise Science Core – 1 credit**

ES-110	Introduction to Exercise Science (Spring)
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**Professional Pre-req - 11 credits**

CHEM 103/L	Chemistry I/L (Fall)
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CHEM 104/L	Chemistry II/L (Spring)
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BIOL 104/L	Biology II/L (Fall)
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PSYCH 101	Intro to Psychology (Fall)
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**Elective - 3 credits** (select from list)

**LEVEL II (SECOND YEAR) – 33 credits**

**Hallmarks Core Courses – 12 credits**

GDIV-2( )	Global Diversity (or world language) (Fall)
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ADIV-2( )	American Diversity (Spring)
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GCIT-2( )	Global Citizenship (or world language) (Spring)
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ETHC-2( )	Ethics (Spring)
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	Writing Seminar II: Multimedia Communication (Fall)
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(transfer students must take WRIT-202)

**Exercise Science Core - 1 credits**

ES 2XX	Developing the Interprofessional Team
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**Professional Pre-req - 15 credits**

PHYS 111/L	Physics I/L (Fall)
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PHYS 112/L	Physics II/L (Spring)
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STAT 220	Statistics for the Behavioral Sciences (Fall) (student option 220 or 301)
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STAT 301	Biostatistics (Fall)
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**Electives - 6 credits** (select from list)

**LEVEL III (THIRD YEAR) – 36 credits**

**Hallmarks Core Courses – 10 credits**

CGIS-300	Contemporary Global Issues (Fall)
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ISEM-3( )	Integrative Seminar (Spring)
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PHIL 499	Philosophies of the Good Life (Spring)
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**Exercise Science Core – 15 credits**

ES-XXX	Exercise Physiology (Fall)
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ES 3XX	Health Behavior Theory & Practice (Fall)
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ES 3XX	Nutrition (for fitness) (Fall)
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ES 3XX	Safety, First Aid & Injury Prevention (Fall)
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ES 3XX	Internship (Spring)
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**Professional Pre-req - 8 credits** (any HSCI course)

BIOL-201	Anatomy & Physiology Lecture I (Fall)
BIOL-201L	Anatomy & Physiology I Lab (Fall)
BIOL-202	Anatomy & Physiology II Lecture (Spring)
BIOL-202L	Anatomy & Physiology II Lab (Spring)

**Electives - 3 credits** (select from list)

**LEVEL IV (FORTH YEAR) – 30 credits**

**Exercise Science Core – 15 credits**

EXSC-301	Biomechanics	(Fall)
EXSC 3XX	Entrepreneurship & Leadership	(Fall)
EXSC 3XX	Exercise Prescription	(Fall)
EXSC 3XX	Fitness Assessment	(Fall)
EXSC 3XX	Internship	(Spring)
EXSC 3XX	Exercise for Special Populations	(Spring)

**Electives - 9 credits** (select from list)

**TOTAL CREDITS:**

**Introductory and Fundamentals Courses:** (Fundamental "099" courses do **not** count toward graduation requirements. However, W

MATH-099 Fundamentals of College Mathematics

**COURSE STATUS:**  = course to take next semester  = course currently being

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(C- or better in BIOL/L-104 or 112)	3	<input type="checkbox"/>	_____	_____
(C- or better in BIOL/L-104 or 112)	1	<input type="checkbox"/>	_____	_____
(C- or better in BIOL/L-201)	3	<input type="checkbox"/>	_____	_____
(C- or better in BIOL/L-201)	1	<input type="checkbox"/>	_____	_____

3

(Prerequisite) Cr Sem. Grade TR Equiv.

3

3

3

3

6

3

3

3

3

**135 minimum**

RTG-100 and TXIS-100 **can** be used toward graduation credits in the free

(must earn C or better) 3

g taken ■ = course completed