



## Plan of Study – Exercise Science: Chiropractic Pre-requisites

*This guide was approved 9/27/21. All advising guides should be used in consultation with your advisor.*

### Freshman Year

#### Fall

Course Title	Prerequisites/Comments	Credits	Semester	Grade
ENGL 101 Comp I		3		
<b>1/2</b> Social Science Gen Ed (SOC 100)		3		
EXS 101 The Exercise Science Major		2		
GS 100		1		
BIOL 151 General Biology & Lab		4		
Add HLTH 251 if need 30 cr/year	<b>Total Credit Hours</b>	<b>13</b>		

#### Spring

Course Title	Prerequisites/Comments	Credits	Semester	Grade
ENGL 201 Comp II		3		
<b>2/2</b> Social Science Gen Ed (PSYC 101)		3		
MATH 114 College Algebra		3		
EXS 130 Basic Medical Terminology		3		
BIOL 153 General Biology & Lab		4		
	<b>Total Credit Hours</b>	<b>16</b>		

### Sophomore Year

#### Fall

Course Title	Prerequisites/Comments	Credits	Semester	Grade
CMST 101, 200 or 220 – Speech		3		
HLTH 251 First Aid and CPR		1		
<b>1/2</b> Arts and Humanities Gen Ed		3		
EXS 250 and 250L Anatomy and Physiology		4		
CHEM 112 & 112L General Chemistry (Fall only)	College Algebra	4		
	<b>Total Credit Hours</b>	<b>15</b>		

#### Spring

Course Title	Prerequisites/Comments	Credits	Semester	Grade
<b>2/2</b> Arts and Humanities Gen Ed		3		
Additional Gen Ed/Minor		3		
EXS 280 and 280L Fitness Assessment and Lab	EXS 250	3		
EXS 285 Exercise and Chronic Disease	EXS 250	3		
CHEM 114 & 114L General Chemistry (Spring only)	CHEM 112	4		
	<b>Total Credit Hours</b>	<b>16</b>		



## Junior Year

### Fall

Course Title	Prerequisites/Comments	Credits	Semester	Grade
MATH 281 Statistics <b>OR</b> PSYC 371 Statistics in Psychological Research		3		
<b>EXS 350 and EXS 350L Exercise Physiology</b>	EXS 250	4		
CHEM 326 & LAB Organic Chemistry ( <b>Fall Only</b> )		4		
EXS 353 and EXS 353L Kinesiology	EXS 250 or BIOL 221	4		
	<b>Total Credit Hours</b>	<b>15</b>		

### Spring

Course Title	Prerequisites/Comments	Credits	Semester	Grade
EXS 354 & 354L Prevention & Care of Athletic Injuries		3		
HLTH 422 Nutrition		3		
EXS 300 Intro to Research	ENGL 201 (other options)	3		
BIOL 381 & LAB Vertebrate Anatomy ( <b>Spring Only</b> )		4		
Additional Gen ED/Minor		3		
	<b>Total Credit Hours</b>	<b>16</b>		

## Senior Year

### Fall

Course Title	Prerequisites/Comments	Credits	Semester	Grade
EXS 462 – Exercise Leadership ( <b>Fall only</b> )	EXS 250	2		
*EXS 494 Internship*		2		
EXS 452 Motor Learning & Development ( <b>Fall &amp; Summer only</b> )		3		
EXS 482 Theory of Strength & Conditioning	EXS 350	3		
BIOL 325 & LAB Physiology ( <b>Fall Only</b> )		4		
	<b>Total Credit Hours</b>	<b>14</b>		

### Spring

Course Title	Prerequisites/Comments	Credits	Semester	Grade
Additional Gen ED/Minor		3		
*EXS 494 Internship*		3		
EXS 425 & 425L Exercise Programming for S.P.	HLTH 422 and EXS 250 OR EXS 350	3		
EXS 489 Applied Human Performance ( <b>Spring only</b> )	EXS 482	2		
EXS 454 & EXS 454L Biomechanics	EXS 250 OR 353 or BIOL 221	4		
	<b>Total Credit Hours</b>	<b>15</b>		

