

La Roche University
EXERCISE AND SPORT SCIENCE PROGRAM GUIDE
DEGREE: Bachelor of Arts Department: Health Science

Student Name _____
 I.D. Number _____

____ First Year Student
 _____ Change of Major

____ Transfer
 _____ Readmit

Unofficial Credit Evaluation Completed by/date: _____

This is the ***unofficial evaluation*** of your credits to date including transfer credits (if applicable) in your chosen major.

PURPOSE: A major in Exercise and Sport Science will provide students an interdisciplinary approach and comprehensive knowledge to the scientific basis of human movement, physical activity, exercise and sport performance.

Exercise scientists and exercise physiologists are professionals who specialize in assessing, evaluating, and prescribing exercise for health-related fitness outcomes of individuals in private, health, and corporate settings. Other options include the growing field of clinical exercise physiology where the Clinical Exercise Physiologist (CEP) assesses, evaluates, and prescribes individual exercise for chronic disease populations in various medical settings. Sport scientists are professionals who assess, evaluate, and prescribe exercise and training protocols for the purpose of enhancing the sport performance potential of individuals. Sport scientists work with individual athletes, coaches, and teams in all amateur and professional sports. They also provide recommendations to promote recovery after training and offer motivational support.

REQUIREMENTS: To successfully complete the Exercise and Sport Science major, the following coursework is required:

- 71 credits as listed under "Major Component/Requirements" (32 credits in Science and Math; 30 credits in Exercise Science and Sports Performance, plus 9 major electives)
- 37 CORE credits
- 12 General Elective Credits
- A minimum number of 120 credits are required for degree, the last 30 of which must be earned at La Roche University. (Developmental course work does not count toward the minimum number of required credits for graduation.)

MAJOR COMPONENT/REQUIREMENTS: 69 CREDITS

SCIENCE AND MATH COMPONENT: 32 CREDITS

	Credits	Transfer Course #/Comments
____ BIOL1020 Medical Terminology	3	_____
____ BIOL1023/L Human Anatomy & Physiology I with Lab	4	_____
____ BIOL1024/L Human Anatomy & Physiology II with Lab	4	Prerequisite BIOL1023
____ CHEM1007/1008 Principles of Chemistry I with Lab Or ____ CHEM1001/1003 General Chemistry I with Lab	4	_____
____ CHEM1017/1018 Principles of Chemistry II with Lab Or ____ CHEM1002/1004 General Chemistry II with Lab	4	Prerequisite CHEM1007
____ NSCI1025 Normal and Clinical Nutrition	3	_____
____ PHYS1010/L Physics for Health Science Or ____ PHYS1032/L Physics I/Lab	4	Prerequisite MATH1010
____ MATH1040 Probability & Statistics Or ____ MATH1004 Statistics in Health Care	3	_____
____ PSYC1021 Intro to Psychology	3	_____

EXERCISE SCIENCE AND SPORTS PERFORMANCE COMPONENT : 30 CREDITS

_____ HSCU2014 Kinesiology	3	
_____ EXSP3025 Exercise Physiology & Sports Nutrition	3	Prereq: HSCU3014, BIOL1024/L, co-req EXSP3025L
_____ EXSP3025L Exercise Physiology Laboratory	1	Co-req: EXSP3025
_____ HSCU3050 Health Assessment in Health Science	3	Prereq: BIOL1024/L
_____ EXSP3005 Motor Learning, Control & Development	3	Prereq: HSCU3014, PSYC1021, BIOL1024/L
_____ EXSP3007 Biomechanics	3	Prereq: HSCU3014, BIOL1024/L, MATH1010
_____ EXSP3030 Fitness Testing and Exercise Prescription	3	Prereq: EXSP3025
_____ EXSP4003 Strength and Conditioning	3	Prereq: EXSP3025, EXSP3007
_____ EXSP4005 Clinical Exercise Physiology	3	Prereq: EXSP3025, EXSP3007
_____ EXSP 4051 Internship	3	
_____ HSCU4055 Health Science Capstone	2	

EXERCISE SCIENCE AND SPORTS PERFORMANCE ELECTIVES: SELECT ANY 3 COURSES (9 CREDITS)

_____ PSYC2015 Health Psychology	3	
_____ EXSP3XXX	3	
_____ CMET2012 Communication, Sports & Culture	3	
_____ MRKT4019 Sport Administration & Mgmt (ADMG4019)	3	
_____ MRKT3031 Sports & Entertainment Marketing	3	
_____ SOCL2022 Sports & Globalization	3	
_____ EXSP4052 Student Internship	3	

_____ Additional Science, Math and Psychology as needed for graduate school pre-requisites

ACADEMIC CORE CURRICULUM – 37 Credits

<u>Foundations of Knowledge: 15 credits</u>	<u>Credits</u>	<u>Transfer Course # / Comments</u>
_____ ENGL1011 Academic Reading and Writing	3	
_____ ENGL1012 Academic Writing and Research	3	
_____ ISTD1010 Digital Literacy	3	
_____ MATH1010 College Algebra	3	
_____ SPCH1010 Oral Communication	3	

La Roche Experience: 4 credits

_____ LRUX1001 LRX Foundations	1	
_____ LRUX2500 Investigating Social Problems	3	

Breadth of Knowledge: 12 credits

Courses in a variety of disciplines can fulfill these requirements. Students should use the course search in the My.LaRoche schedule of classes to find courses that fulfill each area students must complete. **PLEASE NOTE: Students are exempt from one area, based on their major.**

_____ Natural and Physical World		<u>Fulfilled in Major</u>
_____ Human Expression	3	
_____ Values and Ethics	3	
_____ Social Sciences	3	
_____ Global Perspectives	3	

Depth of Knowledge: 3 credits

_____ INQU Interdisciplinary Inquiry	3	
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Core Electives: 3 credits

_____ Any Breath of Knowledge Area Course –OR– One additional Interdisciplinary Inquiry	3	
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GENERAL ELECTIVES: 12 credits

Transfer Course # **Credits**

_____ _____ _____ _____ _____ _____ _____
_____ _____ _____ _____ _____ _____ _____
_____ _____ _____ _____ _____ _____ _____

<u>FOR REGISTRAR USE ONLY:</u>	<u>TOTAL</u>	<u>Completed</u>	<u>Need</u>	<u>COMMENTS:</u>
Major Component	71	_____	_____	_____
CORE	37	_____	_____	_____
General Electives	12	_____	_____	_____
Accepted in Transfer	_____	_____	_____	_____
La Roche University Credit	_____	_____	_____	_____
Total	120	_____	_____	_____

RECOMMENDED FULL-TIME CURRICULUM SEQUENCE

YEAR ONE

Fall Semester	Credits	Spring Semester	Credits
LRUX1001 LRX Foundations	1	LRUX 2500 Investigating Social Problems	3
BIOL1023 Human Anatomy and Physiology I with Lab	4	BIOL1024 Human Anatomy and Physiology II with Lab	4
ENGL1011 Reading and Writing	3	ENGL1012 Academic Writing and Information Literacy	3
MATH1010 College Algebra	3	ISTC1010 Digital Literacy	3
BIOL1020 Medical Terminology	3	MATH1040 Probability and Statistics	3
	Total: 14		Total: 16

YEAR TWO

Fall Semester	Credits	Spring Semester	Credits
NSCI1025 Normal and Clinical Nutrition	3	PHYS1010/L Physics for Health Sciences with Lab	4
HSCU3050 Health Assessment in Health Science	3	HSCU2014 Kinesiology	3
CHEM1007 Principles of Chemistry I	3	CHEM1017 Principles of Chemistry II	3
CHEM1008 Principles of Chemistry I Lab	1	CHEM1018 Principles of Chemistry II Lab	1
Core Breadth of Knowledge	3	SPCH1001 Oral Communication	3
PSYC1021 Intro to Psychology	3		
	Total: 16		Total: 14

YEAR THREE

Fall Semester	Credits	Spring Semester	Credits
EXSP3025 Exercise Physiology & Sports Nutrition	3	EXSP3030 Fitness Testing and Exercise Prescription	3
EXSP3025L Exercise Physiology Laboratory	1	EXSP elective	3
EXSP3007 Biomechanics	3	EXSP3005 Motor Learning, Control & Development	3
EXSP elective	3	General elective	3
Core Breadth of Knowledge	3	General elective	3
Core Breadth of Knowledge	3		
	Total: 16		Total: 15

YEAR FOUR

Fall Semester	Credits	Spring Semester	Credits
EXSP4003 Strength and Conditioning	3	EXSP4005 Clinical Exercise Physiology	3
EXSP elective	3	EXSP 4051 Internship	3
Core Breadth of Knowledge -OR--INQU	3	Core Breadth of Knowledge	3
INQU Interdisciplinary Inquiry	3	General electives	3
General electives	3	EXSP4XXX Health Science Capstone	2
	Total: 15		Total: 14