

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

**Student Name** \_\_\_\_\_ **First Year Student** \_\_\_\_\_ **Transfer** \_\_\_\_\_  
**I.D. Number** \_\_\_\_\_ **Change of Major** \_\_\_\_\_ **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**

	<b><u>Credits</u></b>	<b><u>Transfer Course #/Comments</u></b>
_____ 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	4	_____
Or _____ CHEM1001/1003 General Chemistry I with Lab		_____
_____ CHEM1017/1018 Principles of Chemistry II with Lab	4	_____ Prerequisite CHEM1007
Or _____ CHEM1002/1004 General Chemistry II with Lab		_____
_____ NSCI1025 Normal and Clinical Nutrition	3	_____
_____ PHYS1010/L Physics for Health Science	4	_____ Prerequisite MATH1010
Or _____ PHYS1032/L Physics I/Lab		_____
_____ 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**

	<b><u>Credits</u></b>	<b><u>Transfer Course # / Comments</u></b>
<b><u>Foundations of Knowledge: 15 credits</u></b>		
_____ ENGL1011 Academic Reading and Writing	3	_____
_____ ENGL1012 Academic Writing and Research	3	_____
_____ ISTC1010 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	_____
--------------------------------------	---	-------

#### **Core Electives: 3 credits**

_____ Any Breadth of Knowledge Area Course –OR– One additional Interdisciplinary Inquiry	3	_____
---	---	-------

**GENERAL ELECTIVES: 12 credits**

<u>Transfer Course #</u>	<u>Credits</u>						

<b><i>FOR REGISTRAR USE ONLY:</i></b>					<b><u>COMMENTS:</u></b>
	<u>TOTAL</u>	<u>Completed</u>	<u>Need</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

<i>Fall Semester</i>	<i>Credits</i>	<i>Spring Semester</i>	<i>Credits</i>
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
<b>Total:</b>	<b>14</b>	<b>Total:</b>	<b>16</b>

### YEAR TWO

<i>Fall Semester</i>	<i>Credits</i>	<i>Spring Semester</i>	<i>Credits</i>
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		
<b>Total:</b>	<b>16</b>	<b>Total:</b>	<b>14</b>

### YEAR THREE

<i>Fall Semester</i>	<i>Credits</i>	<i>Spring Semester</i>	<i>Credits</i>
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	<b>Total:</b>	<b>15</b>
<b>Total:</b>	<b>16</b>		

### YEAR FOUR

<i>Fall Semester</i>	<i>Credits</i>	<i>Spring Semester</i>	<i>Credits</i>
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
<b>Total:</b>	<b>15</b>	<b>Total:</b>	<b>14</b>