

## SAINT FRANCIS UNIVERSITY

### Program in Exercise Physiology: Bachelor of Science in Exercise Physiology

#### Track II: Graduate and Pre-Professional Concentration

	<b>Year 1 - Summer</b>	<b>Year 1 - Fall</b>	<b>Year 1 - Spring</b>
No required courses	BIOL 111 CHEM 101 CORE 103 ENGL 103 HIST 101 or 103 <b>EXPH 101</b> <b>EXPH 102</b>	Biology 1 w/lab Chemistry Principles I Fall Comm Enrichment Writing for Discipline Europe & World I U.S. to 1877 <b>Intro to Exercise Physiology</b> <b>Intro to Strength Training</b>	CHEM 102 CORE 101 CORE 102 CORE 104 ENGL 104 HIST 102 or 104 MATH 112 Chemistry Principles II Information Literacy First-year Colloquium Spring Comm Enrichment Writing about Literature Europe & World II U.S. Since 1877 Calculus
		4 4 0 3 3 1 <u>1</u> 16	4 1 2 0 3 3 <u>3</u> 16
	<b>Year 2 - Summer</b>	<b>Year 2 - Fall</b>	<b>Year 2 - Spring</b>
No required courses	BIOL 205 PSYC 101 PHIL 205 CHEM 203 SPCH 103 <b>EXPH 103</b>	Anat & Physiology I w/lab Intro to Psychology*** Phil-Reason/Response Organic/Biochemistry I Speech Fundamentals <b>Intro to Physical Conditioning</b>	BIOL 206 STAT 101 RLST 205 CHEM 204 <b>EXPH 250</b> FNAR 101 Anat & Physiology II w/lab Statistics Faith & Franciscanism Organic/Biochem II <b>Functional Anatomy</b> Fine Arts
		4 3 3 4 3 <u>1</u> 18	4 3 3 4 <b>2</b> <u>1</u> 17
	<b>Year 3 - Summer</b>	<b>Year 3 - Fall</b>	<b>Year 3 - Spring</b>
No required courses	<b>EXPH 305</b> EXAM 301 PHYS 104 <b>EXPH 205</b> PSYC 201 SOC	<b>Exercise Physiology I</b> Writing Comp Exam Physics I*** <b>Common Sports Injuries</b> Quantitative Methods Elective	<b>EXPH 310</b> <b>EXPH 312</b> <b>EXPH 320</b> FNAR <b>EXPH 210</b> LANG <b>ExPhys II:</b> <b>Ex, Nutr &amp; Body Comp</b> <b>Ex Across the Lifespan</b> <b>Biomechanics</b> Fine Arts Elective <b>Health/Fitness Counseling</b> Foreign Language Elective
		4 0 4 3 3 <u>3</u> 17	3 3 3 3 <b>3</b> <u>3</u> 18
	<b>Year 4 - Summer</b>	<b>Year 4 - Fall</b>	<b>Year 4 - Spring</b>
No required courses	PHIL <b>EXPH 330</b> <b>EXPH 360</b> PLSC <b>EXPH 390</b> RLST	Elective <b>NeuroMuscularStrength</b> <b>Exercise Testing Prescription</b> PolSci/AmerNatGov <b>Fitness Programming</b> Elective	ECON 101 <b>EXPH 400</b> <b>EXPH</b> <b>EXPH</b> <b>EXPH 405</b> <b>EXPH 498</b> CORE 403 Economics <b>Adv. Lab/Field Methods</b> <b>Elective*</b> <b>Elective*</b> <b>Clinical Exercise Phys</b> <b>Research</b> Capstone
		3 4 3 3 2 <u>3</u> 18	3 1-2 1-3 3 3 1-4 <u>0</u> 12-18
	<b>132-138 credits</b>		

\*\*\*Required for DPT:  
PHYS 104 & 105 and strongly encouraged in  
this track.  
PSYC 101 + 6 credits

\*Electives:  
EXPH 202,410,414, 415