

## SAINT FRANCIS UNIVERSITY

### Program in Exercise Physiology: Bachelor of Science in Exercise Physiology Track I: Wellness Health Promotion and Pre-Allied Health Concentration

	Year 1 - Summer	Year 1 - Fall	Year 1 - Spring			
No required courses	BIOL 111 CHEM 103 CORE 103 ENGL 103 HIST 101 Or 103 <b>EXPH 101</b> <b>EXPH 102</b>	Biology 1 w/lab Human Chemistry 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>	4 4 0 3 3  <b>1</b> <b>1</b> 16	CHEM 104 CORE 101 CORE 102 CORE 104 ENGL 104 HIST 102 or 104 MATH 112	Human Chemistry Information Literacy First-year Colloquium Spring Comm Enrichment Writing about Literature Europe & World II U.S. Since 1877 Calculus	4 1 2 0 3 3  <u>3</u> 16
	Year 2 - Summer	Year 2 - Fall	Year 2 - Spring			
No required courses	BIOL 205 FNAR PHIL 205 PSYC 101 SPCH 103 <b>EXPH 103</b>	Anat & Physiology I w/lab Fine Arts Elective Phil-Reason/Response Intro to Psychology*** Speech Fundamentals <b>Intro to Physical Conditioning</b>	4 3 3 3 3 <b>1</b> 17	BIOL 206 PSYC*** RLST 205 LANG <b>EXPH 250</b> FNAR 101	Anat & Physiology II w/lab Elective Faith & Franciscanism Language Elective <b>Functional Anatomy</b> Fine Arts	4 3 3 3 2 <u>1</u> 16
	Year 3 - Summer	Year 3 - Fall	Year 3 - Spring			
No required courses	<b>EXPH 305</b> EXAM 301 PHYS 104 <b>EXPH 205</b> SOC RLST	<b>Exercise Physiology I</b> Writing Comp Exam Physics I*** <b>Common Sports Injuries</b> Elective Elective	4 0 4 3 3 <u>3</u> 17	<b>EXPH 310</b> <b>EXPH 312</b> <b>EXPH 320</b> STAT 101 ELECTIVE <b>EXPH 210</b>	<b>Ex Phys II: Ex, Nutr &amp; BodyComp</b> <b>Ex Across the Lifespan</b> <b>Biomechanics</b> Statistics Free Elective <b>Health/Fitness Counseling</b>	3 <b>3</b> 3 3 0-2 <u>3</u> 15-17
	Year 4 - Summer	Year 4 - Fall	Year 4 - Spring			
No required courses	PHIL <b>EXPH 330</b> <b>EXPH 360</b> PLSC <b>EXPH 400</b> <b>EXPH 390</b>	Elective <b>NeuroMuscularStrCond</b> <b>ExTesting&amp;Prescription</b> PolSci/AmerNatGov <b>Advcd Lab/Field Meths</b> <b>Fitness Programming</b>	3 4 3 3 1-2 <u>2</u> 16-17	<b>EXPH</b> <b>EXPH 405</b> ECON 101 <b>EXPH</b> CORE 403 <b>EXPH 398/399</b>	<b>Elective*</b> <b>Clinical Exercise Phys</b> Economics <b>Elective *</b> Capstone <b>Internship/Practicum **</b>	1-3 3 3 3 0 <b>3-4</b> 13-16
<b>128-130 credits</b>						

\*\*\* Required for DPT:  
PHYS 104 & 105  
PSYC 101 + 6 credits

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

\*\* Credits may vary from one to 15 credits, but no more than 4 credits may be counted toward major requirements.