

**University of Saint Francis**  
**Bachelor of Science in Health and Exercise Science**

**Effective Date: 8/09**

Name: \_\_\_\_\_ ID# \_\_\_\_\_

Advisor: \_\_\_\_\_ Expected Graduation Date \_\_\_\_\_

Evaluation Date:  
 Evaluation Update:

*PT=WORK IN PROGRESS CURRENTLY PENDING TRANSFER*

**By Placement Courses: 0-11 credit hours**

GE Outcome	GE Approved Courses	CR	Plan to Take	Date Taken or Transferred	Repeat	Final Grade
<b>Computer Literacy</b> LO 13	CIS 101, 102, 103 By Placement (no credit toward degree)	0-3				
<b>English</b>	ENGL 100 By Placement (no credit toward degree)	0-2				
<b>Reading</b> LO 8	READ 101, 119, 120, 121 By Placement (no credit toward degree for READ 101)	0-2				
<b>Math</b>	MATH 120 By Placement	0-3				

**General Education Courses - Common Content: 9 credit hours**

GE Outcomes	GE Approved Courses	CR	Plan to Take	Date Taken or Transferred	Repeat	Final Grade
<b>iConnect</b> LO 2, 3, 4, 5, 6, 27, 29	ICON 100	3				
<b>English Composition</b> LO 9, 14, 18, 20	ENGL 101 or 103 English Composition I	3				
<b>Speech</b> LO 10, 11, 12	COMM 121 Fundamentals of Public Communication	3				

**General Education Courses: 37-39 credit hours**

<b>History</b> LO 1		3				
<b>Society and Environment</b> LO 3	ENVS 232 Introduction to Environmental Science	3				

<b>Social Responsibility and Leadership</b> LO 4, 5, 6, 7		3				
<b>Writing</b> LO 9, 14	WI course in major or GE	0				
<b>Technology</b> LO 15	TA course in major	0				
<b>Physical Education</b> LO 16, 17	PHES 133 Current Practices in Fitness	2				
<b>Philosophical Ethics</b> LO 18, 19, 20		3				
<b>Math</b> LO 22:	MATH 122 or higher	3				
<b>Science</b> LO 23	From major core courses	3-4				
<b>Social Sciences</b> LO 24	PSYC 121 General Psychology	3				
<b>Creative Expression - Fine Arts</b> LO 25, 26		3				
<b>Creative Expression - Literature</b> LO 25, 26		3				
<b>Theology</b> LO 29, 30		3				
<b>Religion</b> LO 29, 31		3				
<b>Senior Capstone</b> LO 9, 21, 27, 28	Capstone course in major or GE	3				

**Total: 46-48 credit hours**

### Program-Specific General Education Courses

GE Learning Outcome	Program-Specific GE Approved Courses	CR	Plan to Take	Date Taken or Transferred	Repeat	Final Grade
LO# 3	ENVS 232	3				
LO# 16, 17	PHES 133	2				
LO# 24	PSYC 121	3				

### Major Required Courses: 24-25 credit hours

BIOL 122 Or BIOL 221 or BIOL 261	General Biology II Or Anatomy & Physiology I or Advanced Anatomy & Physiology I	4				
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BIOL 215	Nutrition	3				
COMM 250 or COMM 310 or SOHS 108 & SOHS 110	Interpersonal Skills or Group Communication or Concepts of Patient Care & Service Learning	3				
MATH 302	Statistics	3				
PHES 356	Health & Safety	3				
PHES 405	Care and Prevention of Injury in the Physical Active	3				
PHES 457	Community Health	3				
SOCI 135	Introduction to Race and Ethnicity	3				

**Choose One Concentration:**

**Community Health Concentration Core Course: 24-25 credit hours**

BIOL 222 Or BIOL 262	Anatomy & Physiology II or Advanced Anatomy & Physiology II	3-4				
PHES 306	Health Promotion Programming	3				
PHES 320	Current Issues in Health	3				
PHES 456	School Health	3				
PHES 480	Internship in Health/Exercise Science	3				
PSYC 222	Psychology of Learning	3				
PSYC 232	Human Growth & Development	3				
PSYC 325	Abnormal Psychology	3				

**Community Health Directed Electives: minimum of 12 credit hours**

BIOL 270	Pathophysiology	3				
ENVS 232	Intro to Environmental Science	3				
PHES 323	Coaching and Teaching Aerobics & Weight Training	2				
PHES 324	Coaching and Teaching Team Sports	2				

PHES 335	Introduction to Adapted Physical Education	3				
PHES 360	Exercise Physiology	3				
PHES 410	Kinesiology	3				
PHES 485	Advanced Study of Strength & Conditioning	3				
PHIL 483	Science and Human Values	3				

**Environmental and Occupational Health Concentration Core Courses: 19-21 credit hours**

BIOL 223 Or BIOL 226	Introduction to Microbiology	3-4				
CHEM 121 Or CHEM 141	Introductory Chemistry or Principles of Chemistry I	3-4				
CHEM 243	Organic Biochemistry	4				
ENVS 332	Introduction to Environmental Regulations	3				
ENVS 495	Internship in Environmental Science	3				
PHES 306	Health Promotion Programming	3				

**Environmental and Occupational Health Directed Electives: minimum of 8 credit hours**

BIOL 270	Pathophysiology	3				
BIOL 295	Genetics	4				
BIOL 322	Parasite Biology	3				
BIOL 350	Cell Biology	3				
BIOL 474	Virology	3				
CHEM 142	Principles of Chemistry II	4				
CHEM 343 Or ENVS 343	Environmental Chemistry	3				
ENVS 385	Surface and Subsurface Processes and Analysis	4				
ENVS 432	Advanced Environmental Science	3				

**Exercise Science Concentration Core Courses: 32 credit hours**

BIOL 262	Advanced Anatomy & Physiology II	4				
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CHEM 141	Principles of Chemistry I	4				
CHEM 243	Organic Biochemistry	4				
SCIE 257	Physics I	4				
SCIE 258	Physics II	4				
PHES 360	Exercise Physiology	3				
PHES 410	Kinesiology	3				
PSYC 232	Human Growth & Development	3				
PSYC 325	Abnormal Psychology	3				

**Fitness & Wellness Concentration Core Courses: 31 credit hours**

BUS 230	Principles of Management	3				
PHES 323	Coaching and Teaching Aerobics and Weight Training	2				
PHES 324	Coaching and Teaching Team Sports	2				
PHES 351	Physical Growth K-12	2				
PHES 360	Exercise Physiology	3				
PHES 361	ECG Interpretation for Exercise Science	1				
PHES 410	Kinesiology	3				
PHES 480	Internship in Health & Exercise Science	3				
PHES 485	Advanced Study of Strength and Conditioning	3				
SMGT 175	Introduction to Sports Management	3				
SMGT 275	Sports in American Society	3				
SMGT 375	Facilities Management	3				

**Electives: 16-31 credit hours**

PHES 306	Health Promotion Programming	3				
PHES 335	Introduction to Adapted Physical Education	3				
PSYC 232	Human Growth and Development	3				

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Total Transfer Credit Hours Completed:  
Total USF Credit Hours Completed:  
Total Degree Requirements: 128 credit hours