

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

Effective Date: 8/10

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 |
|-----------------------------------|---|-----|--------------|---------------------------|--------|-------------|
| Computer Literacy LO 13 | CIS 101, 102, 103 By Placement (no credit toward degree) | 0-3 | | | | |
| English | ENGL 100 By Placement (no credit toward degree) | 0-2 | | | | |
| Reading LO 8 | READ 101, 119, 120, 121 By Placement (no credit toward degree for READ 101) | 0-2 | | | | |
| Math | 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 |
|--|---|----|--------------|---------------------------|--------|-------------|
| iConnect LO 2, 3, 4, 5, 6, 27, 29 | ICON 100 | 3 | | | | |
| English Composition LO 9, 14, 18, 20 | ENGL 101 or 103 English Composition I | 3 | | | | |
| Speech LO 10, 11, 12 | COMM 121 Fundamentals of Public Communication | 3 | | | | |

General Education Courses: 37-39 credit hours

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|--|--|---|--|--|--|--|
| History LO 1 | | 3 | | | | |
| Society and Environment LO 3 | | 3 | | | | |

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| Social Responsibility and Leadership LO 4, 5, 6, 7 | PHES 315 Nutrition | 3 | | | | |
| Writing LO 9, 14 | WI course in major or GE | 0 | | | | |
| Technology LO 15 | TA course in major | 0 | | | | |
| Physical Education LO 16, 17 | | 2 | | | | |
| Philosophical Ethics LO 18, 19, 20 | | 3 | | | | |
| Math LO 22: | MATH 122 or higher | 3 | | | | |
| Science LO 23 | From major core courses | 3-4 | | | | |
| Social Sciences LO 24 | PSYC 121 General Psychology | 3 | | | | |
| Creative Expression - Fine Arts LO 25, 26 | | 3 | | | | |
| Creative Expression - Literature LO 25, 26 | | 3 | | | | |
| Theology LO 29, 30 | | 3 | | | | |
| Religion LO 29, 31 | | 3 | | | | |
| Senior Capstone LO 9, 21, 27, 28 | PHES 475 Physical Education, Health, Exercise Science Capstone | 3 | | | | |

Total: 46-48 credit hours

Major Required Courses: 24-25 credit hours

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|--|---|-----|--|--|--|--|
| BIOL 218 Or BIOL 221 or BIOL 271 | Human Anatomy Or Anatomy & Physiology I or Mammalian Anatomy & Physiology I | 3-4 | | | | |
| BUS 200 or COMM 250 or COMM 310 Or EDUC 140 or SOHS 108 & SOHS 110 | Business & Professional Communication or Interpersonal Skills or Group Communication or Intro Educ Incl Settings Concepts of Patient Care & Service Learning | 3-4 | | | | |

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| MATH 302 | Statistics | 3 | | | | |
| PHES 306 or PHES 457 | Health Promotion Programming or Community Health | 3 | | | | |
| PHES 315 | Nutrition | 3 | | | | |
| PHES 356 | Health & Safety | 3 | | | | |
| PHES 405 or PTA 272 | Care and Prevention of Injury in the Physical Active or Patient Care Skills III | 3-5 | | | | |
| SOCI 135 or SOCW 377 | Introduction to Race and Ethnicity or Cultural Diversity & Human Rights | 3 | | | | |

Choose One Concentration:

Community Health Concentration Core Course: 24-25 credit hours

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|----------------------------|---|-----|--|--|--|--|
| BIOL 222 Or BIOL 272 | Anatomy & Physiology II or Mammalian Anatomy & Physiology II | 3-4 | | | | |
| PHES 306 or PHES 457 | Health Promotion Programming or Community Health | 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 | | | | |
| SOCI 251 or BUS 281 | Sociology of Health or Intro to Marketing | 3 | | | | |

Community Health Directed Electives: minimum of 12 credit hours

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| BIOL 270 | Pathophysiology | 3 | | | | |
| ENVS 232 | Intro to Environmental Science | 3 | | | | |
| PHES 327 | Weight Training | 2 | | | | |
| PHES 328 | Teaching Strategies & Methods of Basketball, Soccer, and Volleyball | 2 | | | | |

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| 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 | | | | |

Exercise Science Concentration Core Courses: 32 credit hours

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| BIOL 222 or BIOL 273/274 | Anatomy & Physiology II or Mammalian Anatomy & Physiology II/Lab | 3-4 | | | | |
| CHEM 141 | Principles of Chemistry I | 4 | | | | |
| CHEM 142 or CHEM 243 | Principles of Chemistry II or Organic Biochemistry | 4 | | | | |
| MATH 125 | Algebra & Trig | 3 | | | | |
| PHES 360 | Exercise Physiology | 3 | | | | |
| PHES 410 or PTA 164 | Kinesiology or Functional & Applied Anatomy | 3 | | | | |
| PSYC 232 | Human Growth & Development | 3 | | | | |
| PSYC 325 | Abnormal Psychology | 3 | | | | |
| SCIE 257 | Physics I | 4 | | | | |
| SCIE 258 | Physics II | 4 | | | | |
| <i>Optional for Pre-PT students: BIOL 190 or BIOL 191</i> | <i>An additional Biology course is required by some PT schools at this time.</i> | 4 | | | | |

Fitness & Wellness Concentration Core Courses: 31 credit hours

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| BUS 230 or BUS 281 | Principles of Management or Principles of Marketing | 3 | | | | |
| PHES 133 | Current Practices in Fitness | 2 | | | | |
| PHES 202 | Aerobics | 2 | | | | |
| PHES 327 | Weight Training | 2 | | | | |

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| PHES 351 or PSYC 232 | Physical Growth K-12 or Human Growth & Development | 2-3 | | | | |
| 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 | | | | |
| BUS, ACCT or SMGT | 200 level or higher course in Business, Accounting or Sports Management | 3 | | | | |
| BUS, ACCT or SMGT | 200 level or higher course in Business, Accounting or Sports Management | 3 | | | | |
| BUS, ACCT or SMGT | 200 level or higher course in Business, Accounting or Sports Management | 3 | | | | |

Electives: 12-31 credit hours

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