

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

Effective Date: 8/11

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: 31-33 credit hours

History LO 1		3				
Society and Environment LO 3		3				

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		2-3				
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		2-3				
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: 40-42 credit hours

Major Required Courses: 24-28 credit hours

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				

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

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

BIOL 270	Pathophysiology	3				
ENVS 232	Intro to Environmental Science	3				
PHES 250	Group Exercise Instruction	3				
PHES 327	Weight Training	2				

PHES 335	Introduction to Adapted Physical Education	3				
PHES 360	Exercise Physiology	3				
PHES 410	Kinesiology	3				
PHES 460	Topics in Nutrition and Fitness	3				
PHES 465	Exercise Prescription	3				
PHES 485	Advanced Study of Strength & Conditioning	3				
PHIL 483	Science and Human Values	3				

Exercise Science Concentration Core Courses: 34-38 credit hours

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: 42 credit hours

BUS 230 or BUS 281	Principles of Management or Principles of Marketing	3				
PHES 134	Introduction to Exercise Science	3				

PHES 250	Group Exercise Instruction	3				
PHES 327	Weight Training	3				
PHES 351 or PSYC 232	Physical Growth K-12 or Human Growth & Development	3				
PHES 360	Exercise Physiology	3				
PHES 361	ECG Interpretation for Exercise Science	3				
PHES 410	Kinesiology	3				
PHES 465	Exercise Prescription	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				
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BUS, ACCT or SMGT	200 level or higher course in Business, Accounting or Sports Management	3				

Electives: 16-30 credit hours

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