

La Roche College
EXERCISE AND SPORT SCIENCE PROGRAM GUIDE
 DEGREE: Bachelor of Arts Department: Health Science

Student Name _____ First Year Student Transfer
 I.D. Number _____ Change of Major Readmit

Unofficial Credit Evaluation Completed by/date: _____

This is the **unofficial evaluation** of your credits to date including transfer credits (if applicable) in your chosen major. **This evaluation is official when all official transcripts for all previous college work are received and reviewed for transferability by the Registrar's Office AND the Registrar's signature is included on page 3.**

PURPOSE: A major in Exercise and Sport Science will provide students an interdisciplinary approach and comprehensive knowledge to the scientific basis of human movement, physical activity, exercise and sport performance.

Exercise scientists and exercise physiologists are professionals who specialize in assessing, evaluating, and prescribing exercise for health-related fitness outcomes of individuals in private, health, and corporate settings. Other options include the growing field of clinical exercise physiology where the Clinical Exercise Physiologist (CEP) assesses, evaluates, and prescribes individual exercise for chronic disease populations in various medical settings. Sport scientists are professionals who assess, evaluate, and prescribe exercise and training protocols for the purpose of enhancing the sport performance potential of individuals. Sport scientists work with individual athletes, coaches, and teams in all amateur and professional sports. They also provide recommendations to promote recovery after training and offer motivational support.

REQUIREMENTS: To successfully complete the Exercise and Sport Science major, the following coursework is required:

- 69 credits as listed under "Major Component/Requirements" (32 credits in Science and Math; 28 credits in Exercise Science and Sports Performance, plus 9 major electives)
- 37 CORE credits
- 14 General Elective Credits
- A minimum number of 120 credits are required for degree, the last 30 of which must be earned at La Roche College. (Developmental course work does not count toward the minimum number of required credits for graduation.)

MAJOR COMPONENT/REQUIREMENTS: 69 CREDITS
SCIENCE AND MATH COMPONENT: 32 CREDITS

	<u>Credits</u>	<u>Transfer Course #/Comments</u>
_____ BIOL1020 Medical Terminology	3	_____
_____ BIOL1023/L Human Anatomy & Physiology I with Lab	4	_____
_____ BIOL1024/L Human Anatomy & Physiology II with Lab	4	_____ Prerequisite BIOL1023
_____ CHEM1007/1008 Principles of Chemistry I with Lab	4	_____
Or _____ CHEM1001/1003 General Chemistry I with Lab		_____
_____ CHEM1017/1018 Principles of Chemistry II with Lab	4	_____ Prerequisite CHEM1007
Or _____ CHEM1002/1004 General Chemistry II with Lab		_____
_____ NSCI1025 Normal and Clinical Nutrition	3	_____
_____ PHYS1010/L Physics for Health Science	4	_____ Prerequisite MATH1010
Or _____ PHYS1032/L Physics I/Lab		_____
_____ MATH1040 Probability & Statistics		_____
Or _____ MATH1004 Statistics in Health Care	3	_____
_____ PSYC1021 Intro to Psychology	3	_____

EXERCISE SCIENCE AND SPORTS PERFORMANCE COMPONENT : 28 CREDITS

_____ HSCU3014 Intro to Kinesiology	3	_____
_____ EXSP3025 Exercise Physiology & Sports Nutrition	3	Prereq: HSCU3014, BIOL1024/L, co-req EXSP3025L
_____ EXSP3025L Exercise Physiology Laboratory	1	Co-req: EXSP3025
_____ HSCU3050 Health Assessment in Health Science	3	Prereq: BIOL1024/L
_____ EXSP3005 Motor Learning, Control & Development	3	Prereq: HSCU3014, PSYC1021, BIOL1024/L
_____ EXSP3007 Biomechanics	3	Prereq: HSCU3014, BIOL1024/L, MATH1010
_____ EXSP3xxx Fitness Testing and Exercise Prescription	3	_____
_____ EXSP4003 Strength and Conditioning	3	Prereq: EXSP3025, EXSP3007
_____ EXSP4005 Clinical Exercise Physiology	3	Prereq: EXSP3025, EXSP3007
_____ EXSP 4051 Internship	3	_____

EXERCISE SCIENCE AND SPORTS PERFORMANCE ELECTIVES: SELECT ANY 3 COURSES (9 CREDITS)

_____ PSYC2015 Health Psychology	3	_____
_____ EXSP3xxx	3	_____
_____ CMET2012 Communication, Sports & Culture	3	_____
_____ MRKT4019 Sport Administration & Mgmt (ADMG4019)	3	_____
_____ MRKT3031 Sports & Entertainment Marketing	3	_____
_____ SOCL2022 Sports & Globalization	3	_____
_____ EXSP4052 Student Internship	3	_____
_____ Additional Science, Math and Psychology as needed for graduate school pre-requisites		

ACADEMIC CORE CURRICULUM: 37 CREDITS

Fundamentals: 12 Credits	Credits	Transfer Course #/Comments
_____ ENGL1011 College Writing I	3	_____
_____ ENGL1012 College Writing II	3	_____
_____ ISTC1005 Practical Computer Applications	3	_____
_____ MATH1010 College Algebra	3	_____

La Roche Experience: 4 Credits

_____ LRCX1001 Introduction & History	1	_____
_____ LRCX1002 Diversity/Discrimination	1	_____
_____ LRCX2001 Regions of Conflict	1	_____
_____ LRCX2002 Economic Justice	1	_____

Community/Global: 6 credits (or 6 credits in same Foreign Language for majors that do not require a major)

_____ COMM Community	3	_____
_____ GLBL Global	3	_____

Select Courses: 15 credits

15 credits are required with study within each of the following domains. *Students can fulfill six domains with four courses (earning a total of 12 credits) by completing "dual-domain" SELECT courses SLDD. Student earns 3 credits only for each dual-domain course. The "lost" 3-6 credits can be fulfilled through a major or general elective. PLEASE NOTE: Some "Select Courses" may be filled by meeting Major Requirements and if so, will be annotated as such.*

_____ SELECT Aesthetics (SLAE)	3	_____
_____ SELECT History (SLHS)	3	_____
_____ SELECT Literature (SLLT)	3	_____
_____ SELECT Religion/Philosophy (SLRS)	3	_____
_____ x SELECT Science (SLSC)	0	Fulfilled in major
_____ SELECT Social and Cultural Systems (SLSO)	3	_____

GENERAL ELECTIVES: 14 credits

Transfer Course #	Credits	_____	_____	_____	_____	_____	_____
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FOR REGISTRAR USE ONLY:	TOTAL	Completed	Need	COMMENTS:
Major Component	69	_____	_____	_____
CORE	37	_____	_____	_____
General Electives	14	_____	_____	_____
Accepted in Transfer	_____	_____	_____	_____
La Roche College Credit	_____	_____	_____	_____
Total	120	_____	_____	_____

RECOMMENDED FULL-TIME CURRICULUM SEQUENCE

YEAR ONE

<i>Fall Semester</i>	<i>Credits</i>	<i>Spring Semester</i>	<i>Credits</i>
LRCX1001 LRC Experience: Intro and History	1	LRCX (Div & Discrim; Regions of Conflict; Economic Justice)	1
BIOL1023 Human Anatomy and Physiology I with Lab	4	BIOL1024 Human Anatomy and Physiology II with Lab	4
ENGL1011 College Writing I	3	ENGL1012 College Writing II	3
MATH1010 College Algebra	3	ISTC1005 Practical Computer Applications	3
BIOL1020 Medical Terminology	3	MATH1040 Probability and Statistics	3
Total:	14	Total:	14

YEAR TWO

<i>Fall Semester</i>	<i>Credits</i>	<i>Spring Semester</i>	<i>Credits</i>
NSCI1025 Normal and Clinical Nutrition	3	PHYS1010/L Physics for Health Sciences with Lab	4
HSCU3014 Intro to Kinesiology	3	HSCU3050 Health Assessment in Health Science	3
CHEM1007 Principles of Chemistry I	3	CHEM1017 Principles of Chemistry II	3
CHEM1008 Principles of Chemistry I Lab	1	CHEM1018 Principles of Chemistry II Lab	1
Core Select	3	LRCX (Div & Discrim; Regions of Conflict; Economic Justice)	1
PSYC1021 Intro to Psychology	3	Core Select	3
Total:	16	Total:	15

YEAR THREE

<i>Fall Semester</i>	<i>Credits</i>	<i>Spring Semester</i>	<i>Credits</i>
EXSP3025 Exercise Physiology & Sports Nutrition	3	_____EXSP3xxxx Fitness Testing and Exercise Prescription	3
EXSP3025L Exercise Physiology Laboratory	1	EXSP elective	3
EXSP3007 Biomechanics	3	EXSP3005 Motor Learning, Control & Development	3
Core Select	3	General elective	3
EXSP elective	3	EXSP elective	3
Core Select	3	LRCX (Div & Discrim; Regions of Conflict; Economic Justice)	1
Total:	16	Total:	16

YEAR FOUR

<i>Fall Semester</i>	<i>Credits</i>	<i>Spring Semester</i>	<i>Credits</i>
EXSP4003 Strength and Conditioning	3	EXSP4005 Clinical Exercise Physiology	3
EXSP elective	3	_____EXSP 4051 Internship	3
COMMxxxx Core -Community	3	GLBLxxxx Core – Global	3
Core Select	3	General electives	3
General electives	3	EXSP elective	3
Total:	15	Total:	15