**THE UNIVERSITY OF PUGET SOUND**

2015-2016 CURRICULUM GUIDE

**EXERCISE SCIENCE**

DEGREE: BS

CONTACT PERSON: GARY MCCALL

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A suggested four-year program:** | | | |  |
| *Fall Semester Classes* |  | | *Spring Semester Classes* |  |
|  |  | |  |  |
| **Freshman** | **Units** | |  | **Units** |
|  |  | |  |  |
| SSI 1 |  | 1 | SSI 2 | 1 |
|  |  |  |  |  |
| CHEM 110 or 115 (NS core)1 |  | 1 | CHEM 120 or 2301 | 1 |
|  |  |  |  |  |
| MATH 160 (MA core) |  | 1 | BIOL 111 (NS core)2 | 1 |
|  |  |  |  |  |
| FL (if needed) or elective |  | 1 | FL (if needed) or elective | 1 |
|  |  |  |  |  |
|  |  | |  |  |
| **Sophomore** | **Units** | |  | **Units** |
|  |  | |  |  |
| PHYS 111 |  | 1 | PHYS 1124 | 1 |
|  |  |  |  |  |
| EXSC 2222 |  | 1 | EXSC 2212 | 1 |
|  |  |  |  |  |
| EXSC 200 or 301 |  | 1 | EXSC 200 or 336 | 1 |
|  |  |  |  |  |
| Approaches core |  | 1 | Elective | 1 |
|  |  |  |  |  |
|  |  |  |  |  |
| **Junior** | **Units** | |  | **Units** |
|  |  | |  |  |
| EXSC unit A3 |  | 1 | EXSC unit A3 or Elective | 1 |
|  |  |  |  |  |
| Approaches core |  | 1 | EXSC unit B5 or C6 | 1 |
|  |  |  |  |  |
| EXSC unit A3 or Elective |  | 1 | Approaches core | 1 |
|  |  |  |  |  |
| Elective |  | 1 | Elective | 1 |
|  |  |  |  |  |
|  |  |  |  |  |
| **Senior** | **Units** | |  | **Units** |
|  |  | |  |  |
| EXSC unit C6 |  | 1 | EXSC unit C6 | 1 |
|  |  |  |  |  |
| CN core7 |  | 1 | EXSC unit B5 | 1 |
|  |  |  |  |  |
| Elective |  | 1 | Elective | 1 |
|  |  |  |  |  |
| Elective |  | 1 | Elective | 1 |
|  |  |  |  |  |

**Puget Sound requires a total of 32 units to graduate**

**NOTES:**

1Chemistry sequence is CHEM 110 followed by CHEM 120 or CHEM 115 followed by CHEM 230.

2BIOL 111 is a prerequisite for EXSC 221 and 222.

3A: Three units from EXSC 301, 328, 329, 336.

4Most PT schools require second semester physics: PHYS 112 or 122.

5B: Two units at the 300 level or higher in Exercise Science that are not counted toward the major in another capacity.

6C: Two units from EXSC 401, 428, 429, 436

7Of the three units of upper division coursework required outside the first major, the Connections course will count for one unless it is used to meet a major requirement.

**THE UNIVERSITY OF PUGET SOUND**

COURSE CHECKLIST

**EXERCISE SCIENCE**

**CORE CURRICULUM** **MAJOR REQUIREMENTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| UNIVERSITY CORE |  | CRS | TERM | GRADE |
|  |  |  |  |  |
| SSI1 |  |  |  |  |
|  |  |  |  |  |
| SSI2 |  |  |  |  |
|  |  |  |  |  |
| AR |  |  |  |  |
|  |  |  |  |  |
| HM |  |  |  |  |
|  |  |  |  |  |
| MA (MATH 160) |  |  |  |  |
|  |  |  |  |  |
| NS (CHEM 110) |  |  |  |  |
|  |  |  |  |  |
| SL |  |  |  |  |
|  |  |  |  |  |
| CN |  |  |  |  |
|  | |  |  |  |
| **KEY** | | | | |
| SSI1= Seminar in Scholarly Inquiry1 | MA= Mathematical Approaches | | | |
| SSI2= Seminar in Scholarly Inquiry2 | NS= Natural Scientific Approaches | | | |
| AR= Artistic Approaches | SL= Social Scientific Approaches | | | |
| HM= Humanistic Approaches | CN= Connections | | | |
|  | FL= Foreign Language | | | |

**Foreign Language Requirement** (circle one)

1. Two semesters at 101/102 level or One semester at 200+ level
2. Proficiency exam (3rd year high school level or 1st year college level)
3. AP foreign language score of 4 or 5
4. IB higher level foreign language score of 5, 6, or 7

**Upper Division Level Requirement**

Three units at the upper division level outside the first major.

|  |  |  |  |
| --- | --- | --- | --- |
| COURSE | UNITS | TERM | GRADE |
|  |  |  |  |
| EXSC 200 |  |  |  |
|  |  |  |  |
| EXSC 221\* |  |  |  |
|  |  |  |  |
| EXSC 222\* |  |  |  |
|  |  |  |  |
| BIOL 111 |  |  |  |
|  |  |  |  |
| CHEM 110 and 120 |  |  |  |
| OR |  |  |  |
| CHEM 115 and 230 |  |  |  |
|  |  |  |  |
| **Three units** from the following: |  |  |  |
| EXSC 301, 328, 329, 336 |  |  |  |
|  |  |  |  |
| **Two units** from the following: |  |  |  |
| EXSC 401, 428, 429, 436 |  |  |  |
|  |  |  |  |
| **Two** 300+ level EXSC units\*\*: |  |  |  |
|  |  |  |  |
| 1. |  |  |  |
|  |  |  |  |
| 2. |  |  |  |
|  |  |  |  |
|  |  |  |  |
| PHYS 111\*\*\* |  |  |  |
|  |  |  |  |
| MATH 160 |  |  |  |
|  |  |  |  |
| **THIS FORM IS**  **NOT AN**  **OFFICIAL GRADUATION ANALYSIS** | | | |
|  |  | | |
| **KNOWledge, Identity, and Power Requirement**  One course. See Bulletin for details. Courses may also fulfill other program or graduation requirements. | | | |

**KNOWledge, Identity, and Power Requirement**

One course. See Bulletin for details. Courses may also fulfill other program or graduation requirements.

**Thank you for evaluating   
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**NOTES**

\* BIOL 111 is a prerequisite for EXSC 221 and 222.

\*\*Two units at the 300 level or higher in Exercise Science that are not counted toward the major in another capacity.

\*\*\* Most PT schools require second semester physics: PHYS 112.

A grade of C- or better is required in each course to fulfill other course prerequisite requirements.

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