

EXERCISE & SPORT SCIENCE, BACHELOR OF SCIENCE WITH A CONCENTRATION IN PRE- PHYSICAL THERAPY (B.S.)

Program Requirements

CIP Code: 31.0505

Summary Checklist for General Education

Code	Title	Hours
Element 1		
A:	Written Communication (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-1/)	3
B:	Written Communication (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-1/)	3
C:	Oral Communication (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-1/)	3
Element 2		
	Quantitative Reasoning (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-2/)	3
Element 3		
A:	Arts (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-3/)	3
B:	Humanities (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-3/)	3
Element 4		
	Natural Sciences (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-4/)	6
Element 5		
A:	Historical Science (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-5/)	3
B:	Social Behavioral Science (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-5/)	3
Element 6		
	Diversity of Perspectives Experiences (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-6/)	6
Total Hours		36

Students are expected to complete Elements 1 and 2 within their first 60 hours of college credit.

Major

Code	Title	Hours
University Graduation Requirements		
	General Education	36
	Student Success Seminar	

HSO 100	Student Success Seminar (waived for transfers with 30+ hrs.)	1
Upper division courses (42 hrs. distributed throughout Major/Supporting/Gen Ed/Free Electives categories)		
Major Requirements		
<i>Core Courses</i>		
ESS 212	Care and Prevention of Athletic and Exercise Injuries	3
ESS 315	Physical Fitness Concepts and Applications	3
ESS 320	Biomechanics	3
ESS 320L	Biomechanics Lab	1
ESS 325	Exercise Physiology	3
ESS 325L	Exercise Physiology Lab	1
ESS 562	Adapted Physical Activity and Special Populations Programming	3

Current CPR certification required at time of graduation. Students within all ESS concentrations will take these common "core" courses.

Concentrations	
Students must select one of the following Concentrations:	
Physical Fitness & Wellness Management	
Pre-Athletic Training	
Pre-Physical Therapy	22

<i>Supporting Course Requirements</i>	
All Concentrations:	
BIO 307	Human Anatomy and Physiology I 3
BIO 308	Human Anatomy and Physiology II 3
NFA 201	Essentials of Nutrition 3
Physical Fitness & Wellness Management	
Pre-Athletic Training	
Pre-Physical Therapy	27-28

<i>Free Electives</i>	
Physical Fitness & Wellness Management	
Pre-Athletic Training ¹	
Pre-Physical Therapy ¹	7-8
Total Hours	120

1

Two hours of free electives must be at or above the 300 level

Concentration

Code	Title	Hours
Concentration Courses		
ATR 325	Applied Palpation Anatomy for Healthcare Providers	3
ATR 325L	Applied Palpation Anatomy for Healthcare Providers Lab	1
ATR 330	Foundations of Orthopedic Evaluation	3
ATR 340 & 340L	Foundations of Rehabilitation and Foundations of Rehabilitation Lab	3
ATR 430	Foundations of Clinical Practice	3
HSA 200	Medical Terminology	3
ESS 407	Strength and Conditioning Programming	3
ESS 517	Bioenergetics of Performance and Sports Nutrition	3
<i>Supporting Course Requirements</i>		

BIO 111	Cell and Molecular Biology (Element 4) ^G	4
BIO 112	Ecology and Evolution	4
CHE 111 & 111L	General Chemistry and General Chemistry Lab I (Element 4) ^G	4
CHE 112 & 112L	General Chemistry II and General Chemistry Lab	4
EMC 104	Healthcare Basic Life Support	1
MAT 120	Trigonometry (or higher)	3
PHY 131	College Physics I	5
PHY 132	College Physics II	5
PSY 200	Introduction to Psychology (Element 5B) ^G	3
PSY 280	Lifespan Developmental Psych.	3
STA 215 or STA 270	Introduction to Statistical Reasoning Applied Statistics	3
Total Hours		61

G

Course also satisfies a General Education element. Hours are included within the 36 hours in General Education.

For students interested in the Pre-Physical Therapy or Pre-Athletic Training concentrations, additional courses may be required outside of the Core, Concentration and Supporting courses to meet requirements of some post-baccalaureate professional programs.