Slippery Rock University of Pennsylvania – Curriculum Guide
Bachelor of Science in Exercise Science
Pre-Athletic Training SRU 3+2

**LIBERAL STUDIES REQUIREMENTS (46 credits)**
See Liberal Studies Guide for Goal and Enrichment choices

**GOAL COURSE REQUIREMENTS (37 credits)**
Complete Goal requirements as indicated below

- **Basic Requirements (9 credits)**
  - ENGL 102: Critical Writing
  - ENGL 104 or ENGL 220: Critical Reading or Intro to Literary and Cultural Studies
  - COMM 200: Public Speaking

- **The Arts (3 credits)**
  - Goal

- **Global Community (3 credits)**
  - Goal – Non-US
  - Goal – Non-US
  - Goal - US

- **Human Institutions/Interpersonal Relationships (3 credits)**
  - PSYC 105: Intro to Psychology

- **Science, Technology & Math (10 credits)**
  - PHYS 201: Elements of Physics I / Lab
  - BIOL 216: Anatomy & Physiology II / Lab
  - STAT 152: Elementary Statistics I

- **Challenges of the Modern Age (3 credits)**
  - Goal

- **ENRICHMENT COURSE REQUIREMENTS (9 credits)**
  - Choose one course from three of the following Enrichment areas

- **The Arts Enrichment**

- **Global Community**

- **Human Institutions/Interpersonal Relationships**

- **Science, Technology & Math**
  - BIOL 217: Anatomy & Physiology II / Lab

- **OTHER BASIC REQUIREMENTS**
  - Check with your advisor or a current degree audit report to see if you have been exempted from this course. The credit earned in this course will not be counted toward the 120 credit hour minimum needed to earn a degree.
  - ACSD 110: Beginning Algebra

**COMPUTER COMPETENCY**

Students must demonstrate "computer competency" by:

- Passed Exam
- Pass Computer Competency Exam

OR

CPSC ____

Complete one of the following courses: 
- CPSC 100, 110, 130 or PE 202 at SRU or another post-secondary institution

1 - 3

**IMPORTANT CURRICULUM GUIDE NOTES**

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisors to ensure accurate progress towards degree completion. The information on this guide is current as of the date below. Students are responsible for curriculum requirements at the time of enrollment at the University.

★ Course may have a prerequisite. See Undergraduate Online Catalog.

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### GPA REQUIREMENT – Exercise Science

1st Major: Exercise Science
- Overall GPA: 2.75 or higher
- Major GPA (includes Major Requirements and College Wide Requirements): 2.75 or higher

2nd Major: Pre-AT SRU 3+2 Exercise Science
- Overall GPA: 3.00 or higher

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### MAJOR REQUIREMENTS (45 credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th>Gr</th>
</tr>
</thead>
<tbody>
<tr>
<td>ERS 100</td>
<td>Introduction to Exercise Science: Careers and Content</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ERS 101</td>
<td>Applied Anatomy</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ERS 201</td>
<td>Exercise Physiology★ Prereq: ERS101</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ERS 202</td>
<td>Biomechanics★ Prereq: ERS101, PHYS201</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ERS 300</td>
<td>Research Methods in Exercise Science★ Prereq: ERS152, ERS201, ERS202</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ERS 301</td>
<td>Aerobic Exercise Leadership★ Prereq: ERS201, ERS202</td>
<td>3</td>
<td></td>
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<tr>
<td>ERS 302</td>
<td>Ex Lead: Resistance Training★ Prereq: ERS201, ERS202</td>
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</tbody>
</table>

**Required Upper Level Courses (24 credits if accepted to SRU AT Program)**

Must have achieved "Sufficient Academic Performance" to take these courses. Must earn a "C" or better in all of the following ERS courses:

- ERS 424 or HLTH 424: Nutrition and Exercise★ Prereq: HLTH314 or ERS201 | 3 |
- ERS 400: Wellness Coaching and Program Management★ Prereq: ERS200, ERS301, ERS302, BIOL216 Coreq: ERS401, ERS402, ERS403 | 3 |
- ERS 401: Fitness Assessment★ Prereq: ERS200, ERS301, ERS302, BIOL216 Coreq: ERS400, ERS402, ERS403 | 3 |
- ERS 402: Exercise Prescription★ Prereq: ERS200, ERS301, ERS302, BIOL216 Coreq: ERS400, ERS401, ERS403 | 3 |
- ERS 403: Advanced Exercise Physiology★ Prereq: ERS200, ERS301, ERS302, BIOL216 Coreq: ERS400, ERS401, ERS402 | 3 |
- ERS 410: Clinical Exercise Physiology★ Prereq: ERS400, ERS401, ERS402, ERS403 (C* or better), BIOL217 Coreq: ERS411, ERS412 | 3 |
- ERS 411: ES: Special Populations and Conditions★ Prereq: ERS400, ERS401, ERS402, ERS403 (C* or better), BIOL217 Coreq: ERS410, ERS412 | 3 |
- ERS 412: ES: Senior Synthesis★ Prereq: ERS400, ERS401, ERS402, ERS403 (C* or better), BIOL217, ERS/HLTH424 Coreq: ERS410, ERS411, ERS/HLTH424 Valid CPR/AED, First Aid & Prof Liability Insurance | 3 |

**COLLEGE WIDE REQUIREMENTS (13 credits)**

| BIOL 216 | Anatomy & Physiology I / Lab | 3 |
| BIOL 217 | Anatomy & Physiology II / Lab | 3 |
| STAT 152 | Elementary Statistics I★ | 3 |
| PHYS 201 | Elements of Physics I / Lab | 4 |

**ADDITIONAL ATHLETIC TRAINING PREREQUISITE COURSE (1-3 credits)**

(see page 2 for all Admission Requirements)

| ERS / HCAM 250 or PA 500 | Medical Terminology or Applied Med Term for PA’s | 3 or 1 |

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If you choose to pursue Pre-Athletic Training SRU 3+2 Exercise Science and are not accepted into the AT program, then ERS450: Internship is required to complete a first major of Exercise Science. Please refer to the Exercise Science Curriculum Guide.

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EXERCISE SCIENCE – BS PRE-AT SRU 3+2 (65AT) Effective Fall 2016
Enrollment Management Revised 08-2017
CONTINUED ON PAGE 2
SLIPPERY ROCK UNIVERSITY
Athletic Training Graduate Program (Master of Science in Athletic Training)
Prerequisite Admission Requirements – Pre-Athletic Training SRU 3+2

PREREQUISITE COURSES - SRU ATHLETIC TRAINING GRADUATE PROGRAM

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>ERS 101</td>
<td>Applied Anatomy/Lab</td>
<td>3</td>
</tr>
<tr>
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<td>Exercise Physiology/Lab</td>
<td>3</td>
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<tr>
<td>ERS 202</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>ERS/HLTH 424</td>
<td>Nutrition and Exercise</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 216</td>
<td>Anatomy and Physiology I/Lab</td>
<td>3</td>
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<td>Elementary Statistics</td>
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<td>4</td>
</tr>
<tr>
<td>PSYC 105</td>
<td>Introduction to Psychology</td>
<td>3</td>
</tr>
<tr>
<td>ERS/HCAM 250</td>
<td>Medical Terminology or</td>
<td>3 or</td>
</tr>
<tr>
<td>PA 500</td>
<td>Applied Med Term for PA's</td>
<td>1</td>
</tr>
</tbody>
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PRE-ATHLETIC TRAINING SRU 3+2 REQUIREMENTS

If any of these requirements are not met, the 3+2 designation will be removed from the student’s record:

1. A 3.0 or higher overall GPA must be maintained by the student.
2. The student can only be enrolled in the Pre-Athletic Training SRU 3+2 program for a maximum of three (3) years, full-time continuous enrollment (fall/spring).

FOR ALL ADMISSION REQUIREMENTS

Please refer to Slippery Rock University’s Athletic Training Graduate Program (Master of Science in Athletic Training) website for requirements.

www.sru.edu/AT

Provision: Should a Pre-Athletic Training SRU 3+2 student be unsuccessful in completing the 1st year (any of summer, fall, or spring terms) of the Athletic Training Graduate Program and wants to complete the original undergraduate degree, it is solely up to the discretion of the undergraduate program Department Chair to determine which, if any, graduate level Athletic Training courses will count toward the completion of his/her undergraduate degree. In addition, students must complete any unfulfilled requirements of their undergraduate major. Students may still apply to the Athletic Training program with an earned Bachelor’s degree.

Revised 2-20-2017 @ 11:00 AM
ACADEMIC POLICIES FOR STUDENTS IN THE EXERCISE SCIENCE MAJOR  
Effective for students entering the major Fall 2012 and after

I. Policy for achieving and maintaining “Sufficient Academic Performance”*
   A. At the end of the semester in which a student has earned 40 credits (and every semester thereafter), the 
      Major and Overall GPA will be reviewed:
      i. A student must earn a 2.75 Major and Overall GPA to achieve “Sufficient Academic 
         Performance” and continue in the Exercise Science major.
      ii. A student earning below a 2.75 in either the Major or Overall GPA at any time after earning 40 
         credits will be placed on a “one semester probation.” ** He/she must increase his/her GPA to 
         2.75 or higher by the end of the “one semester probation” or be PERMANENTLY removed from 
         the Exercise Science major. The student will be notified by email of his/her status following the 
         “one semester probation.” A student who has not achieved “Sufficient Academic Performance” 
         will have his/her major changed to Exploratory and ERS - Exercise Science Major courses will be 
         removed from his/her schedule.
      iii. A student can be placed on a “one semester probation” a maximum of two times as an Exercise 
         Science major. He/she will be PERMANENTLY removed from the Exercise Science major if 
         his/her Major or Overall GPA drops below a 2.75 a third time.
      iv. A student on a “one semester probation” may not enroll in Required 400 Level Courses unless 
         he/she is repeating the course(s).
   B. A transfer student who enters from another university or a Slippery Rock University student who changes 
      his/her major to Exercise Science:
      i. With 40 or more earned credits will have a one-semester extension before his/her Major and 
         Overall GPA are reviewed to determine if he/she has achieved “Sufficient Academic 
         Performance”.
      ii. With less than 40 earned credits will follow Policy I.A above.
   C. An incoming FYRST student earning college credits prior to entering SRU may reach 40 credits before 
      completing two semesters at SRU. In this case, the review to determine “Sufficient Academic 
      Performance” will not begin until the student has completed two semesters as a student in the Exercise 
      Science major.

II. Policy for earning acceptable grades in Required 400 Level Courses
   A. A student must earn a grade of “C” or better in Required 400 Level Courses.
   B. A student will not be permitted to begin an internship unless he/she has “Sufficient Academic 
      Performance” and he/she has earned a grade of “C” or better in Required 400 Level Courses.
   C. A student must also earn a grade of “C” or better in ERS400, ERS401, ERS402, and ERS403 before 
      he/she is allowed to take ERS410, ERS411, and ERS412.

III. Policy for changing to the Exercise Science major
   A. A Slippery Rock University student wishing to change his/her major to Exercise Science MUST have an 
      overall GPA of 2.75.

IV. Additional costs associated with the Exercise Science major
   A. A student in the Exercise Science major is required to maintain current CPR/AED, First Aid, and Student 
      Professional Liability Insurance while enrolled in ERS412 and ERS450 at his/her own cost. (On-line 
      CPR/AED and First Aid certifications are not acceptable).

* “Sufficient Academic Performance” is defined as having a Major and Overall GPA of 2.75 or higher. The Major GPA 
is comprised of Required Basic Courses, Required 400 Level Courses and Exercise and Rehabilitative Science College 
Wide Requirements. Please see My Rock Audit for specific courses.

** “One semester probation” is defined as the initial semester after which “Sufficient Academic Performance” was not 
achieved and the first occurring summer.

Updated June 2015