**SLIPPERY ROCK UNIVERSITY OF PENNSYLVANIA – CURRICULUM GUIDE**

**Bachelor of Science in Exercise Science**

Pre-Physical Therapy (SRU Traditional) for advisement purposes only

---

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Cr</th>
<th>Gr</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENSL 102</td>
<td>Critical Writing</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>ENSL 104 or ENSL 220</td>
<td>Critical Reading* or Intro to Literary and Cultural Studies*</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>COMM 200</td>
<td>Public Speaking*</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

---

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

- **Basic Requirements (9 credits)**
  - ENSL 102: Critical Writing (3 credits)
  - ENSL 104 or ENSL 220: Critical Reading* or Intro to Literary and Cultural Studies* (3 credits)
  - COMM 200: Public Speaking* (3 credits)

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

- **Global Community (9 credits)**
  - Goal – Non-US (3 credits)
  - Goal – US (3 credits)

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

- **Science, Technology & Math (10 credits)**
  - PHYS 201: Elements of Physics I / Lab (4 credits)
  - BIOL 216: Anatomy & Physiology I/Lab (3 credits)
  - STAT 152: Elementary Statistics I* (3 credits)

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

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

- **The Arts (3 credits)**
- **Global Community (3 credits)**
- **Human Institutions/Interpersonal Relationship (3 credits)**
  - PSYC 240 or PSYC 244 or CDEV 248: Human Sexual Behavior or Developmental Psychology or Human Development & Education (3 credits)

- **Science, Technology & Math (3 credits)**
  - BIOL 217: Anatomy & Physiology II/Lab (3 credits)

---

**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.

- ACDD 110: Beginning Algebra (3 credits)

---

**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 credits)

**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.**

---

**MAJOR REQUIREMENTS (45 credits)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>ERS 100</td>
<td>Introduction to Exercise Science: Careers and Content</td>
</tr>
<tr>
<td>ERS 101</td>
<td>Applied Anatomy</td>
</tr>
<tr>
<td>ERS 201</td>
<td>Exercise Physiology* Prereq: ERS101</td>
</tr>
<tr>
<td>ERS 202</td>
<td>Biomechanics* Prereq: ERS101, PHYS 201</td>
</tr>
<tr>
<td>ERS 300</td>
<td>Research Methods in Exercise Science* Prereq: STAT152, ERS 201, ERS202</td>
</tr>
<tr>
<td>ERS 301</td>
<td>Aerobic Exercise Leadership* Prereq: ERS201, ERS202</td>
</tr>
<tr>
<td>ERS 302</td>
<td>Exercise Prescription* Prereq: ERS201, ERS202</td>
</tr>
</tbody>
</table>

**Required Basic Courses (21 credits)**
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 HLT 424**
  - Nutrition and Exercise* Prereq: HLT314 or ERS201 (3 credits)

- **ERS 400**
  - Wellness Coaching and Program Management* Prereq: ERS300, ERS301, ERS302, BIOL216 Coreq: ERS401, ERS402, ERS403 (3 credits)

- **ERS 401**
  - Fitness Assessment* Prereq: ERS300, ERS301, ERS302, BIOL216 Coreq: ERS400, ERS402, ERS403 (3 credits)

- **ERS 402**
  - Exercise Prescription* Prereq: ERS300, ERS301, ERS302, BIOL216 Coreq: ERS400, ERS401, ERS403 (3 credits)

- **ERS 403**
  - Advanced Exercise Physiology* Prereq: ERS300, ERS301, ERS302, BIOL216 Coreq: ERS400, ERS401, ERS402, ERS403 (C’ or better), BIOL217 (3 credits)

- **ERS 410**
  - Clinical Exercise Physiology* Prereq: ERS400, ERS401, ERS402, ERS403 (C’ or better), BIOL217, ERS/HLTH424 Coreq: ERS410, ERS411, ERS/HLTH 424 Valid CPR/AED, First Aid & Prof Liability Insurance (3 credits)

- **ERS 411**
  - ES: Special Populations and Conditions* Prereq: ERS400, ERS401, ERS402, ERS403 (C’ or better), BIO 217 Coreq: ERS410, ERS412 (3 credits)

- **ERS 412**
  - ES: Senior Synthesis* Prereq: ERS400, ERS401, ERS402, ERS403 (C’ or better), BIOL217, ERS/HLTH424 Coreq: ERS410, ERS411, ERS/HLTH 424 Valid CPR/AED, First Aid & Prof Liability Insurance (3 credits)

- **ERS 450**
  - Exercise Science Internship Prereq: C or better in 400 level. Valid First Aid, CPR/AED & Prof Liability Insurance (12 credits)

**COLLEGE WIDE REQUIREMENT (13 credits)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 216</td>
<td>Anatomy &amp; Physiology I/Lab (3 credits)</td>
</tr>
<tr>
<td>BIOL 217</td>
<td>Anatomy &amp; Physiology II/Lab (3 credits)</td>
</tr>
<tr>
<td>STAT 152</td>
<td>Elementary Statistics I* (3 credits)</td>
</tr>
<tr>
<td>BIOL 217</td>
<td>Elements of Physics II/Lab (4 credits)</td>
</tr>
</tbody>
</table>

**ADDITIONAL PHYSICAL THERAPY REQUIREMENTS (12 credits)**
*(see page 2 for all Admission Requirements)*

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 107</td>
<td>General Chemistry (3 credits)</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>General Chemistry I Lab (1 credit)</td>
</tr>
<tr>
<td>CHEM 108</td>
<td>General Chemistry II (3 credits)</td>
</tr>
<tr>
<td>CHEM 112</td>
<td>General Chemistry II Lab (1 credit)</td>
</tr>
<tr>
<td>PHYS 202</td>
<td>Elements of Physics II/Lab (4 credits)</td>
</tr>
</tbody>
</table>

---

**GPA REQUIREMENT – Exercise Science**

- **Overall GPA**: 2.75 or higher
- **Major GPA (includes Major Requirements and College Wide Requirements)**: 2.75 or higher

Refer to SRU’s Physical Therapy website for GPA admission requirements.

---

**EXERCISE SCIENCE – BS PRE-PT SRU Traditional Effective Fall 2016 Enrollment Management Revised 01/2018 CONTINUED ON PAGE 2**
SLIPPERY ROCK UNIVERSITY  
Physical Therapy (Doctor of Physical Therapy)  
Prerequisite Admission Requirements – Pre-Physical Therapy (SRU Traditional)

**PREREQUISITE COURSES – SRU PHYSICAL THERAPY**

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 216</td>
<td>Anatomy and Physiology I/Lab</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 217</td>
<td>Anatomy and Physiology II/Lab</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 107</td>
<td>General Chemistry I</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>General Chemistry I Lab</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 108</td>
<td>General Chemistry II</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 112</td>
<td>General Chemistry II Lab</td>
<td>1</td>
</tr>
<tr>
<td>STAT 152</td>
<td>Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 201</td>
<td>Elements of Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 202</td>
<td>Elements of Physics II</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 105</td>
<td>Introduction to Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PSYC (additional)</td>
<td>See My Rock Audit for options</td>
<td>3</td>
</tr>
</tbody>
</table>

**FOR ALL ADMISSION REQUIREMENTS**

Please refer to Slippery Rock University’s Physical Therapy (Doctorate of Physical Therapy) website for requirements.  
[www.sru.edu/PT](http://www.sru.edu/PT)

Revised 01-19-2018 @ 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 Fall or Spring 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 “Exercise Science probation.” ** He/she must increase his/her GPA to 2.75 or higher by the end of the “Exercise Science probation” or be PERMANENTLY removed from the Exercise Science major. The student will be notified by email of his/her status following the “Exercise Science 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 “Exercise Science 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 “Exercise Science 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.

** “Exercise Science probation” is defined as the initial semester and the first occurring summer after Sufficient Academic Performance (SAP) is not achieved. For example, if SAP was not achieved at the end of the fall 2017 semester, “Exercise Science probation” would include spring 2018 and summer 2018. If SAP was not achieved at the end of spring 2018, “Exercise Science probation” period would include summer 2018 and fall 2018.

Updated December 2017