

Slippery Rock University of Pennsylvania – Curriculum Guide

Bachelor of Science in Exercise Science

LIBERAL STUDIES REQUIREMENTS (46 credits) See Liberal Studies Guide for Goal and Enrichment choices				
GOAL COURSE REQUIREMENTS				
Complete Goal requirements as indicated below (37 credits)				
✓	Course	Title	Cr	Gr
Basic Requirements (9 credits) ENGL101&103 required if student entered SRU prior to Fall 2011. ENGL102 required if student entered SRU Fall 2011 forward.				
	ENGL 101 and ENGL 103 or	College Writing I and College Writing II or	3	
	ENGL 102	College Writing	3	
	COMM 200	Public Speaking Prereq: ENGL101 or ENGL102	3	
	ENGL 210	Interpreting Literature Prereq: ENGL101 or ENGL102	3	
The Arts (3 credits)				
	Goal		3	
Global Community (9 credits)				
	Goal – Non-US		3	
	Goal – Non-US		3	
	Goal - US		3	
Human Institutions/Interpersonal Relationships (3 credits)				
	Goal		3	
Science, Technology & Math (10 credits)				
	PHYS 201	Elements of Physics I / Lab	4	
	BIOL 216	Anatomy & Physiology/Lab ◊	3	
	MATH 152	Elementary Statistics I ◊ Prereq: ACSD 110 or Equivalent	3	
Challenges of the Modern Age (3 credits)				
	Goal		3	
ENRICHMENT COURSE REQUIREMENTS Choose one course from three of the following Enrichment areas. (9 credits)				
The Arts Enrichment (3 credits)				
Global Community Enrichment (3 credits)				
Human Institutions/Interpersonal Relationships Enrichment (3 credits)				
Science, Technology & Math (3 credits)				
	BIOL 217	Anatomy & Physiology/Lab ◊	3	

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	3	

COMPUTER COMPETENCY (for students entering Fall 2008 and after)				
Students must demonstrate "computer competency" by:				
	Passed Exam	Pass Computer Competency Exam at SRU Orientation		
OR	CPSC ____	Complete one of the following courses: CPSC 100, 110, 130 OR 210 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.*

◊ Indicates this course may count as a Major Requirement and a Liberal Studies Requirement, **but you will only receive credit once towards your 120 credit total.**

Student Name: _____

Advisor's Name: _____

Date: _____

MAJOR REQUIREMENTS (54 credits)				
✓	Course	Title	Cr	Gr
Required Basic Courses (21 credits)				
	ERS 100	Introduction to Exercise Science: Careers and Content	3	
	ERS 101	Applied Anatomy	3	
	ERS 200	Measurement and Statistical Application in Exercise Science	3	
	ERS 201	Exercise Physiology Prereq: ERS101	3	
	ERS 202	Biomechanics Prereq: ERS101, PHYS 201	3	
	ERS 301	Ex Lead: Group Fitness Prereq: ERS201, ERS202	3	
	ERS 302	Ex Lead: Resistance Training Prereq: ERS201, ERS202	3	
Required Upper Level Courses (33 credits) Must earn a "C" or better in all of the following courses: Must be in "Good Academic Standing."				
	HLTH 424	Nutrition and Exercise Prereq: HLTH314	3	
	ERS 400	Wellness Prom Prog Coreq: ERS401, ERS402	3	
	ERS 401	Fitness Assessment Prereq: ERS301, ERS302, BIOL216 Coreq: ERS400, ERS402	3	
	ERS 402	Exercise Prescription Prereq: ERS301, ERS302, BIOL216 Coreq: ERS400, ERS401	3	
	ERS 410	Clinical Exercise Physiology Prereq: ERS400, ERS401, ERS402, BIO 217 Coreq: ERS411, ERS412	3	
	ERS 411	ES: Spec Pops Cond Prereq: ERS400, ERS401, ERS402, BIOL217 Coreq: ERS410, ERS412	3	
	ERS 412	ES: Senior Synthesis Prereq: ERS400, ERS401, ERS402, BIOL217 Coreq: ERS410, ERS411 Valid CPR/AED & Prof Liability Insurance	3	
	ERS 450	Exercise Science Internship Prereq: C or better in 400 level. Valid First Aid, CPR/AED & Prof Liability Insurance	12	

EXERCISE & REHABILITATIVE SCIENCE COLLEGE WIDE REQUIREMENTS (16 credits)				
	BIO 216	Anatomy & Physiology/Lab ◊	3	
	BIO 217	Anatomy & Physiology/Lab ◊	3	
	HLTH 314	Nutrition and Health	3	
	MATH 152	Elementary Statistics I ◊ Prereq: ACSD 110 or Equivalent	3	
	PHYS 201	Elements of Physics I/Lab ◊	4	

Students may choose to earn a BS in Exercise Science as preparation for graduate studies in many health care related fields. In this case, the student should learn what prerequisites are required for his/her intended graduate program and take those courses as electives while completing the Exercise Science Program.

QPA REQUIREMENT
2.75 or higher Major QPA
2.75 or higher Overall QPA
Note: Major Requirements and College-Wide Requirements are calculated in the Major QPA.



EXERCISE SCIENCE - BS
Effective Fall 2011 to present
Enrollment Services
Revised 10-2011
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ACADEMIC POLICIES FOR STUDENTS IN THE EXERCISE SCIENCE MAJOR
Effective for students entering the major Fall 2010 and after

- I. Policy for achieving and maintaining “Good Academic Standing”*
 - A. At the end of the semester in which a student has earned 40 credits (and every semester thereafter), the Major and Overall QPA will be reviewed:
 - i. A student must earn a 2.75 Major and Overall QPA to achieve “Good Academic Standing” and continue in the Exercise Science major. He/she will be notified by email of his/her status by the beginning of the following semester.
 - ii. A student earning below a 2.75 in either the Major or Overall QPA at any time after earning 40 credits will be placed on a one semester probation. He/she must increase his/her QPA to 2.75 or higher by the end of the one semester probation or be removed from the Exercise Science major permanently. The student will be notified by email of his/her status by the beginning of the following semester and his/her major will be changed to Exploratory.
 - iii. A student can be placed on probation a maximum of two times. He/she will be removed from the Exercise Science major permanently if his/her Major or Overall QPA drops below a 2.75 a third time.
 - iv. A student who has not achieved “Good Academic Standing” or is on probation may not enroll in 400 level classes unless he/she is repeating the course(s).
 - B. A transfer student who enters from another university or an SRU 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 QPA are reviewed to determine if he/she has achieved “Good Academic Standing”.
 - 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 “Good Academic Standing” 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 Exercise Science Courses
 - A. A student must earn a grade of “C” or better in ALL Required Upper Level Courses (400 level courses).
 - B. A student will not be permitted to begin an internship unless he/she has both a 2.75 Major and Overall QPA and he/she has earned a grade of “C” or better in ALL Required Upper Level Courses (400 level courses).
 - C. A student must also earn a grade of “C” or better in ERS400, ERS401, and ERS402 before he/she is allowed to take ERS410, ERS411, and ERS412.

- III. Policy for changing to the Exercise Science Major
 - A. A SRU student wishing to change his/her major to Exercise Science MUST have an overall QPA 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).

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