

THE UNIVERSITY OF PUGET SOUND

2017-2018 CURRICULUM GUIDE

EXERCISE SCIENCE

DEGREE: BS

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A suggested four-year program:

Fall Semester Classes

Spring Semester Classes

Freshman	Units	Units	Units
SSI 1	1	SSI 2	1
CHEM 110 or 115 ¹ (NS core)	1	CHEM 120 or 230 ¹	1
MATH 160 ² (MA core)	1	BIOL 111 ³ (NS core)	1
FL (if needed) or elective	1	FL (if needed) or elective	1

Sophomore	Units	Units	Units
PHYS 111	1	PHYS 112 ⁵	1
EXSC 200 or EXSC unit A ⁴	1	EXSC 200 or EXSC unit A ⁴	1
EXSC 222	1	EXSC 221	1
Approaches core	1	Elective	1

Junior	Units	Units	Units
EXSC unit A ⁴	1	EXSC unit B ⁶ or C ⁷	1
EXSC unit A ⁴ or Elective	1	EXSC unit B ⁶ or Elective	1
Approaches core	1	Approaches core	1
Elective	1	Elective	1

Senior	Units	Units	Units
EXSC unit B ⁶ or C ⁷	1	EXSC unit B ⁶ or C ⁷	1
CN core ⁸	1	Elective	1
Elective	1	Elective	1
Elective	1	Elective	1

NOTES:

Puget Sound requires a total of 32 units to graduate

- 1) CHEM 110 and 120 (or CHEM 115, 230) and EXSC 222 are prerequisites for EXSC 221.
- 2) MATH 160 is a prerequisite for EXSC 200.
- 3) BIOL 111 is a prerequisite for EXSC 221 and 222.
- 4) A: Three units from EXSC 301, 328, 329, and 336.
- 5) Most PT schools require second semester physics: PHYS 112.
- 6) B: Two units at the 300 level or higher in Exercise Science that are not counted toward the major in another capacity.
- 7) C: Two units from EXSC 401, 428, 429, and 436.
- 8) Of 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.

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COURSE CHECKLIST EXERCISE SCIENCE

CORE CURRICULUM

UNIVERSITY CORE	CRS	TERM	GRADE
SSI 1			
SSI 2			
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.

KNOWledge, Identity, and Power Requirement

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

MAJOR REQUIREMENTS

COURSE	UNITS	TERM	GRADE
EXSC 200			
EXSC 222 ¹			
EXSC 221			
BIOL 111 ²			
CHEM 110 and 120 ³ OR CHEM 115 and 230			
MATH 160 ⁴			
PHYS 111#			
Three units from the following: EXSC 301, 328, 329, 336			
1.			
2.			
3.			
Two units from the following: EXSC 401, 428, 429, 436			
1.			
2.			
Two 300+ level EXSC units###:			
1.			
2.			

**THIS FORM IS
NOT AN
OFFICIAL GRADUATION ANALYSIS**

NOTES

1. EXSC 222 is a prerequisite to EXSC 221
2. BIOL 111 is a prerequisite for EXSC 221 and 222.
3. CHEM 110 and 120 OR CHEM 115 and 230 are prerequisites for EXSC 221.
4. MATH 160 is a prerequisite for EXSC 200.

#Most PT schools require second semester physics: PHYS 112.

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

A grade of C or higher must be earned in each course for the major or minor.

The Exercise Science Department reserves the option of excluding courses more than 10 years old from applying to a major or minor.