

THE UNIVERSITY OF PUGET SOUND

2020-2021 CURRICULUM GUIDE

EXERCISE SCIENCE

DEGREE: BS

CONTACT PERSON: JUNG KIM

A suggested four-year program:

Fall Semester Classes

Spring Semester Classes

Freshman		Units	Units
SSI 1	1	SSI 2	1
BIOL 111 ¹ or CHEM 110 or 115 ² (NS Core)	1	CHEM 105 ² or BIOL 111 ¹ (NS core)	1
MATH 160 ³ (MA core)	1	Approaches core	1
FL (if needed) or Elective	1	FL (if needed) or Elective	1

Sophomore		Units	Units
PHYS 111	1	EXSC 221	1
EXSC 200 or Elective	1	EXSC 200 or Elective	1
EXSC 222 ⁴	1	Approaches core or Elective	1
Approaches core	1	Elective	1

Junior		Units	Units
EXSC unit A ⁵	1	EXSC unit A ⁵	1
EXSC unit A ⁵	1	EXSC unit A ⁵	1
Approaches core	1	Approaches core	1
Elective	1	Elective	1

Senior		Units	Units
EXSC unit B ⁶	1	EXSC unit B ⁶	1
CN core ⁷	1	Elective	1
EXSC 450 or Elective	1	EXSC 450 or Elective	1
Elective	1	Elective	1

NOTES:

Puget Sound requires a total of 32 units to graduate

- 1) BIOL 111 is a prerequisite for EXSC 222 and 221. This course also satisfies the Natural Science core requirement.
- 2) CHEM 105, 110 or 115 and EXSC 222 are prerequisites for EXSC 221. CHEM 110 and 115 are offered in the fall; CHEM 105 is offered in the spring. All three courses satisfy the Natural Science core. *Students planning on post graduate study will need to take an additional chemistry course (CHEM 115) if they use CHEM 105 to satisfy their Exercise Science degree requirement.
- 3) MATH 160 (or permission of instructor) is a prerequisite for EXSC 200.
- 4) EXSC 222 is a prerequisite for EXSC 221.
- 5) EXSC Unit A courses include: EXSC 301, 328, 329, and *336. *PHYS 111 is a prerequisite for EXSC 336.
- 6) EXSC Unit B courses: Two units at the 300-level or higher in Exercise Science that are not counted toward the major in another capacity.
- 7) 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.

THE UNIVERSITY OF PUGET SOUND

COURSE CHECKLIST

EXERCISE SCIENCE

CORE CURRICULUM

UNIVERSITY CORE	CRS	TERM	GRADE
SSI 1			
SSI 2			
AR			
HM			
MA (MATH 160)			
NS (BIOL 111, CHEM 105, 110, 115)			
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 105, 110, or 115			
MATH 160 ⁴			
PHYS 111#			
Each of the following:			
1. EXSC 301			
2. EXSC 328			
3. EXSC 329			
4. EXSC 336			
Two 300+ level EXSC units##:			
1.			
2.			
EXSC 450 Senior Capstone			

**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 105, 110, or 115 is a prerequisite for EXSC 221.
 4. MATH 160 (or permission of instructor) is a prerequisite for EXSC 200.
- #PHYS 111 is a prerequisite for EXSC 336.
##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 BIOL 111, CHEM 105, 110 or 115, MATH 160 and PHYS 111.**
A grade of C- or higher must be earned in each of the following: EXSC 200, 221, and 222.
- The Exercise Science Department reserves the option of excluding courses more than 10 years old from applying to a major or minor.