THE UNIVERSITY OF PUGET SOUND

2019-2020 CURRICULUM GUIDE

EXERCISE SCIENCE

DEGREE: BS

CONTACT PERSON: GARY McCALL

A suggested four-year program:

Fall Semester Classes

Spring Semester Classes

Freshman	Units		Units
SSI 1	1	SSI 2	1
CHEM 110 or 115 ¹ (NS core)	1	BIOL 111 ³	1
MATH 160 ² (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		
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) CHEM 110 (or CHEM 115) and EXSC 222 are prerequisites for EXSC 221.
- 2) MATH 160 (or permission of instructor) is a prerequisite for EXSC 200.
- 3) BIOL 111 is a prerequisite for EXSC 222 and 221.
- 4) EXSC 222 is a prerequisite for EXSC 221.
- 5) EXSC Unit A courses include 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

MAJOR REQUIREMENTS

GRADE

UNIVERSITY CORE	CRS	TERM	GRADE	COURSE	UNITS	TERM
SSI 1				EXSC 200		
SSI 2				EXSC 222 ¹		
AR				EXSC 221		
НМ				BIOL 111 ²		
MA (MATH 160)				CHEM 110		
NS (CHEM 110)				OR CHEM 115		
SL				MATH 160 ⁴		
CN				PHYS 111#		
KEY				Each of the following:		
SSI1= Seminar in Scholarly Inquiry1 MA= Mathematical Approaches				1.EXSC 301		

SSI1= Seminar in Scholarly Inquiry1 SSI2= Seminar in Scholarly Inquiry2 AR= Artistic Approaches

HM= Humanistic Approaches

MA= Mathematical Approaches NS= Natural Scientific Approaches SL= Social Scientific Approaches

CN= Connections FL= Foreign Language

Foreign Language Requirement (circle one)

- 1) Two semesters at 101/102 level or One semester at 200+ level
- 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.

THIS FORM IS NOT AN OFFICIAL GRADUATION ANALYSIS

NOTES

2.EXSC 328

3.EXSC 329

4.EXSC 336

1.

2.

Two 300+ level EXSC units##:

EXSC 450 Senior Capstone

- 1. EXSC 222 is a prerequisite to EXSC 221.
- 2. BIOL 111 is a prerequisite for EXSC 221 and 222.
- 3. CHEM 110 OR CHEM 115 is a prerequisites 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 110 or 115, MATH 160 and PHYS 111 and other prerequisite courses.

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