

Pre-Professional Exercise Science (Bachelors)

The following is a **suggested** four year plan of study for freshmen entering LMU during the 2018-2019 academic year. This plan is to be used in conjunction with the university catalog and advice of faculty advisors. This plan meets LMU's Lincoln Liberal Arts Common Core requirements and major requirements. Pre-requisite course requirements vary by professional program, the student is responsible for researching requirements and ensuring all requirements are met before applying to professional programs. ***Note: Students with an ACT Math score < 26 will require additional MATH to fulfill prerequisites for PHYS 211.**

Freshman Year			
<u>Fall</u>	Cr Hrs	<u>Spring</u>	Cr Hrs
UACT 100 ^a Strategies of College Success	2	BIOL 112 ^c General Biology II w/ Lab	4
CHEM 111 ^a General Chemistry I w/ Lab	4	PSYC 100 ^a Introduction to Psychology	3
BIOL 111 ^c General Biology I w/ Lab	4	CHEM 112 ^a General Chemistry II w/ Lab	4
ISYS 100 ^a Computer Literacy	2	Ethics, Fine Arts or Humanities ^a Requirement	3
ENGL 101 ^a Composition I	3	MATH 120 ^a Trigonometry	3
PEXS 200 ^b Intro to Sport & ES	2		
Total	17		17

Sophomore Year			
<u>Fall</u>	Cr Hrs	<u>Spring</u>	Cr Hrs
Lincoln 100 ^a Lincoln's Life and Legacy	1	PHYS 212 ^c General Physics II w/ Lab	4
PSYC 221 ^a Child & Adolescent Development	3	AHSC 300 ^c Medical Terminology	3
PEXS 265 ^b Injury Prevention & Emer Mgmt	3	PEXS 372 ^b Kinesiology & Biomechanics	3
HLTH 210 ^b Nutrition	3	PEXS 373 App. Of Kinesiology & Biomechanics	1
ENGL 102 ^a Composition II	3	PEXS 275 ^b Technology for Sport & ES	2
PHYS 211 ^c General Physics I w/ Lab	4	HLTH 120 ^b Safety, First Aid & CPR	2
Total	17		15

Junior Year			
<u>Fall</u>	Cr Hrs	<u>Spring</u>	Cr Hrs
COMM 200 ^a Fund of Speech Comm	3	PEXS 350 ^b Sports and Exercise Psychology	3
ENGL 240, 250, or 260 ^a	3	BIOL 312 ^c Integrated Vert. A&P II w/ Lab	4
PEXS 300 ^b Exercise Physiology I	3	PEXS 400 ^b Exercise Physiology II	3
HLTH 425 ^b Sport and Exercise Nutrition	3	PEXS 344 ^b Learning & Psychomotor Dvmt	3
PEXS 303 App. Of Exercise Physiology I	1	PEXS 403 App. Of Exercise Physiology II	1
BIOL 311 ^c Integrated Vert. A&P I w/ Lab	4	LNCN 300 ^a American Citizenship	1
Total	17		15

Senior Year			
<u>Fall</u>	Cr Hrs	<u>Spring</u>	Cr Hrs
PEXS 493A ^b Practicum in Exercise Science	3	PEXS 430 ^b Organization and Administration	3
PEXS 310 ^b Measurement and Evaluation	3	PEXS 435 ^b Exercise Prescription	3
PHIL 430 ^{a,c} Medical Ethics	3	PEXS 485 ^b Research Methods	3
History ^a Requirement	3	History ^a Requirement	3
MATH 270 ^c Probability & Statistics	3		
Total	15		12

Total Hours: 122*

a = General Education Requirement, b= Major Requirement, c = Collateral Requirement

05/2018