

**Bachelor of Science in
Exercise & Rehabilitation Science
(122 Cr.)
Four-Year Curriculum Plan**

Suggested four-year plan for freshmen entering LMU Fall semester. Always consult LMU's Undergraduate Catalog and discuss with your academic advisor every semester prior to registering for classes. Timing of courses may deviate from this plan based on several factors

Plan is in accordance with the 2026-2027 catalog

Fall Courses — First Year	Cr
ENGL 101 Composition I ^a	3
UACT 100 Strategies for College Success ^a	1
PEXS 265 Injury Prevention & Emergency Management ^b	3
BIOL 111 General Biology I & Lab ^{ac}	4
CHEM 111 General Chemistry I & Lab ^{ac}	4
Total Credits	15

Fall Courses — Second Year	Cr
COMM 200 Fund Speech & Communication ^a	3
ENGL 102 Composition II ^a	3
HIST Requirement ^a	3
PSYC 221 Child & Adolescent Development ^c	3
BIOL 261 Human A&P I & Lab ^c	4
Total Credits	16

Fall Courses — Third Year	Cr
Ethics, Fine Arts, or Humanities ^a	3
Must be two separate prefixes	
Free Elective	4
PHYS 211 General Physics I & Lab ^c	4
PEXS 300 Exercise Physiology I ^b	3
PEXS 303 Application of Exercise Physiology I ^b	1
Corequisite: PEXS 300	
PEXS 310/X Measurement & Evaluation & SEWS Writing ^b	3
Total Credits	18

Fall Courses — Fourth Year	Cr
PEXS 434 Foundations & Administration ^b	3
PEXS 372 Applied Functional Kinesiology ^b	3
PEXS 474 Injury Evaluation of Extremities ^b	3
PEXS 476 Evidence Based Practice ^b	3
Total Credits	12

Note: Students end up with a Sports Therapy Minor

Spring Courses — First Year	Cr
LNCN 100 Lincoln's Life & Legacy ^a	1
PSYC 100 Intro to Psychology ^{ac}	3
MATH Requirement ^a	3
Note that MATH120 is a prerequisite for PHYS211	
BIOL 112 General Biology II & Lab ^c	4
CHEM 112 General Chemistry II & Lab ^c	4
Total Credits	15

Spring Courses — Second Year	Cr
HIST Requirement ^a	3
MATH 270 Probability and Statistics ^c	3
PEXS 372 Kinesiology & Biomechanics ^b	3
AHSC 300 Medical Terminology ^b	3
BIOL 262 Human A&P II & Lab ^c	4
Total Credits	16

Spring Courses — Third Year	Cr
Ethics, Fine Arts, or Humanities ^a	3
Must be two separate prefixes	
CIVX 300 American Civics ^a	2
PHYS 212 General Physics II & Lab ^c	4
Free Elective	3
PEXS 435 Exercise Prescription ^b	3
Students in 3+3 take SEWS Writing (Z)	
PEXS 397 Junior Seminar in Exercise Science ^b	3
Total Credits	18

Spring Courses — Fourth Year	Cr
PEXS 487 Therapeutic Modalities ^b	3
PEXS 488 Rehab & Therapeutic Exercise ^b	3
PEXS 494 General Medical Considerations ^b	3
PEXS 497/Z Senior Seminar & SEWS Writing ^b	3
Total Credits	12

a: LMU Core Curriculum Requirement: See LMU undergraduate catalog for details

b: Major-Specific Requirement: All PEXS, PRS, and HLTH prefixed courses must be passed with at least a C or better to progress in the program.

c: Major Collateral Requirement: These courses must be passed with at least a D- or better unless the course is a prerequisite and a higher grade is required for progression.

See LMU catalog for specific pre-requisite and grade requirements.

Students that meet the following academic criteria may be eligible for the 3+3 degree completion option:

- High school GPA ≥ 3.2 on a 4.0 scale
- Math ACT ≥ 21 , Reading ACT ≥ 23 , or SAT score of 1100

Additional details are available on the LMU GPA Program website

Prerequisite course requirements vary by professional degree program. The student should research requirements and ensure all requirements are met.

Prerequisite course	Credits	Semester planned	Completed

Credit Hour Requirements

To graduate you need to complete a minimum of 122 credit hours. At least 36 of these hours must be at the 300/400 level. Track your hours in each of these categories as you progress to ensure timely completion of the program.

Semester	# of credit hours				Cumulative GPA
	Current semester	300/400	Total Earned (Add all semesters)	Total 300/400 (Add all semesters)	
1 st Yr. Fall					
1 st Yr. Spring					
2 nd Yr. Fall					
2 nd Yr. Spring					
3 rd Yr. Fall					
3 rd Yr. Spring					
4 th Yr. Fall					
4 th Yr. Spring					

Professional Tracking

	Average	You
Entrance Exam		
Cumulative GPA		
Science GPA		
Shadowing hours		
Volunteer hours		
Other:		
Other:		
Other:		
Alternative paths/Gap year options		