

**Bachelor of Science in
General Exercise Science
Pre-OTD track (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
LNCN 100 Lincoln's Life & Legacy ^a	1
MATH Requirement ^a	3
Concentration/Minor/Elective	3
PHYS 100 Intro to Physics & Lab ^{ac}	4
Total Credits	15

Fall Courses — Second Year	Cr
HIST Requirement ^a	3
Ethics, Fine Arts, or Humanities ^a	3
Must be two separate prefixes	
PSYC 222 Adult Development ^c	
PEXS 265 Injury Prevention & Emergency Management ^b	3
BIOL 261 Human A&P I & Lab ^c	4
Total Credits	16

Fall Courses — Third Year	Cr
CIVX 300 American Civics ^a	2
AHSC 300 Medical Terminology ^b	3
PSYC 255 Intro to Social Psychology ^c	3
PEXS 300 Exercise Physiology I ^b	3
PEXS 310/X Measurement & Evaluation & SEWS Writing ^b	3
PEXS 435 Exercise Prescription ^b	3
Total Credits	17

Fall Courses — Fourth Year	Cr
PEXS 434 Foundations & Administration ^b	3
PEXS 344 Learning and Psychomotor Development ^b	3
PEXS 474 Injury Evaluation of Extremities ^b	3
PEXS 476 Evidence Based Practice ^b	3
Total Credits	12

Spring Courses — First Year	Cr
ENGL 102 Composition II ^a	3
PSYC 100 Intro to Psychology ^{ac}	3
COMM 200 Fund Speech & Communication ^a	3
HIST Requirement ^a	3
PRS 185 Freshman Seminar in Rehab Science ^b	1
CHEM 100 Intro to Chemistry & Lab ^{ac}	4
Total Credits	17

Spring Courses — Second Year	Cr
PSYC 221 Child & Adolescent Development ^c	3
PHIL 200 Intro to Philosophy ^{ac}	3
PEXS 372 Kinesiology & Biomechanics ^b	3
PEXS 350 Sport & Exercise Psychology ^b	3
BIOL 262 Human A&P II & Lab ^c	4
Total Credits	16

Spring Courses — Third Year	Cr
MATH 270 Probability and Statistics ^c	3
Free Elective	5
PSYC 340 Abnormal Psychology ^c	3
PEXS 397 Junior Seminar in Exercise Science ^b	3
PEXS 485/Z Research Methods & SEWS Writing ^b	3
Total Credits	17

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 Senior Seminar ^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		