

**Bachelor of Science in
General Exercise 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

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
HLTH 120 Safety, First Aid & CPR ^b	2
PEXS 200 Foundation of PE, Sports & Fitness	2
PHYS 100 Intro to Physics & Lab ^{ac}	4
Total Credits	14

Fall Courses — Second Year	Cr
Ethics, Fine Arts, or Humanities ^a	3
<small>Must be two separate prefixes</small>	
PSYC 221 Child & Adolescent Development ^c	3
HLTH 210 Nutrition ^b	3
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
Ethics, Fine Arts, or Humanities ^a	3
<small>Must be two separate prefixes</small>	
HLTH 425 Sport & Exercise Nutrition ^b	3
PEXS 300 Exercise Physiology I ^b	3
Concentration/Minor/Elective	6
Total Credits	17

Fall Courses — Fourth Year	Cr
PEXS 310/X Measurement & Evaluation and SEWS Writing ^b	3
PEXS 493A Practicum in Exercise Science ^b	3
Concentration/Minor/Elective	6
Total Credits	12

Spring Courses — First Year	Cr
ENGL 102 Composition II ^a	3
PSYC 100 Intro to Psychology ^{ac}	3
History Requirement ^a	3
PEXS 275 Technology for HPEES	2
CHEM 100 Intro to Chemistry & Lab ^{ac}	4
Total Credits	15

Spring Courses — Second Year	Cr
COMM 200 Fund Speech & Communication ^a	3
History Requirement ^a	3
PEXS 372 Kinesiology & Biomechanics ^b	3
HLTH 360 Drug Awareness ^b	3
BIOL 262 Human A&P II & Lab ^c	4
Total Credits	16

Spring Courses — Third Year	Cr
CIVX 300 American Civics ^a	2
PEXS 344 Learning and Psychomotor Development ^b	3
PEXS 350 Sport & Exercise Psychology ^b	3
PEXS 400 Exercise Physiology II ^b	3
Concentration/Minor/Elective	6
Total Credits	17

Spring Courses — Fourth Year	Cr
PEXS 485/Z Research Methods and SEWS Writing ^b	3
PEXS 435 Exercise Prescription ^b	3
PEXS 430 Organization & Administration ^b	3
Concentration/Minor/Elective	6
Total Credits	15

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

b: Major-Specific Requirement: All PEXS 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.

The Sport and Exercise Science Department offers three concentrations. Students should consult with their assigned academic advisor to select the concentration that best suits their career goals. Courses contained within concentrations/minors may not be available on a regular basis. Students must plan accordingly to progress through the degree in an appropriate amount of time.

Sport Coaching Concentration (24 hours)	Cr.
HLTH 360 Drug Awareness	3
PEXS 313 Issues in Sport – Youth thru YA	3
PEXS 354 Techniques & Coaching	3
PEXS 386 Practice & App. of Strength & Conditioning	3
PEXS 436 Ergogenic Aids in Sports	3
PEXS 450 Leadership in Coaching	3
PEXS 486 Practical Aspects of Sport Science	3
PEXS 493D Practicum in Sport	3

Sport Therapy Concentration (24 hours)	Cr.
PEXS 434 Foundations & Administration	3
PEXS 444 Advanced Sports Emergency Care	3
PEXS 474 Injury Evaluation	3
PEXS 476 Evidence Based Practice & Research Methods	3
PEXS 487 Therapeutic Modalities	3
PEXS 488 Rehabilitation of Athletic Injuries	3
PEXS 494 General Medical Conditions	3
PEXS 497 Senior Seminar	3

Health Concentration (24 hours)	Cr.
HLTH 230 Family Living	3
HLTH 320 Public Health	3
HLTH 330 Consumer & Environmental Health	3
HLTH 340 School Health Programs & Services	3
HLTH 360 Drug Awareness	3
HLTH 370 Health Disparities	3
HLTH 470 Health of the Elderly	3
HLTH 493 Practicum in Health	3

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					

Career Exploration			
Career	Description	Career Preparation – Internship, research experience, coursework, etc	Career Qualifications
			BS
			MS
			PHD
			Certifications
			BS
			MS
			PHD
			Certifications
			BS
			MS
			PHD
			Certifications