

**DR. PALLAVI PATEL COLLEGE OF HEALTH CARE SCIENCES**  
**SAMPLE FOUR YEAR CURRICULUM | 2018-2019 CATALOG**  
**Bachelor of Science - Exercise and Sport Science**

Freshman Year				
Fall		Winter		
<u>Course</u>	<u>Credits</u>	<u>Course</u>	<u>Credits</u>	
Open Written Communication	3	Open Written Communication	3	
Open Arts & Humanities	3	Open Arts & Humanities	3	
MATH 1040 Algebra for College Students*	3	BIOL 1500 Biology/Lab	4	
ATTR 1400 Health and Fitness	3	ATTR 1300 Emergency Care and First Aid	3	
Open Elective	3	Open Elective	3	
<b>Total Credits</b>	<b>15</b>	<b>Total Credits</b>	<b>16</b>	
Sophomore Year				
Fall		Winter		
<u>Course</u>	<u>Credits</u>	<u>Course</u>	<u>Credits</u>	
PSYC 1020 Introduction to Psychology**	3	ATTR 2300 Sports Nutrition	3	
EXSC 1200 Prevention and Care of Athletic Injuries	3	ATTR 2400 Strength and Conditioning	3	
CHEM 1300 General Chemistry/Lab	4	BIOL 3300 Anat & Phys II/Lab	4	
BIOL 3320 Anat & Phys I/Lab	4	PHYS 2350 General Physics/Lab	4	
<b>Total Credits</b>	<b>14</b>	<b>Total Credits</b>	<b>14</b>	
Junior Year				
Fall		Winter		
<u>Course</u>	<u>Credits</u>	<u>Course</u>	<u>Credits</u>	
EXSC 3700 Kinesiology	3	EXSC 3760 Biomechanics of Human Movement with Lab	4	
PSYC 3400 Sports Psychology	3	EXSC 3820 Exercise Prescription with Lab	4	
EXSC 3740 Exercise Physiology with Lab	4	EXSC 4300 Research Methods in Sport and PE	3	
Math 2020 Applied Statistics (can be taken in any semester after 1040 is completed)	3	Open Elective	3	
Open Elective	3	Open Elective	3	
<b>Total Credits</b>	<b>16</b>	<b>Total Credits</b>	<b>17</b>	
Senior Year				
Fall		Winter		
<u>Course</u>	<u>Credits</u>	<u>Course</u>	<u>Credits</u>	
EXSC 4100 Adapted Physical Activity	3	EXSC 4500 Advanced Strength and Conditioning	3	

EXSC 4220 Motor Learning with Lab	4	EXSC 4901 Practicum in Exercise Science	3
EXSC 4400 Exercise and Sport Administration	3	Open Elective	3
Open Elective	3	Open Elective	3
Major Elective*	3		
<b>Total Credits</b>	<b>16</b>	<b>Total Credits</b>	<b>12</b>

**TOTAL CREDITS: 120**

*last modified 7.2018*