



School of Allied Health Sciences

LINCOLN MEMORIAL UNIVERSITY

Exercise and Rehabilitation Science (Bachelors)

The following is a **suggested** four-year plan of study for freshmen entering LMU during the 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 requirement and major requirements. **Note: In order to graduate in four years (eight regular semesters) the student must average passing 16-17 hours per semester.**

Freshman Year					
Fall			Spring		
		Cr Hrs			Cr Hrs
UACT 100 ^a	Strategies for College Success	2	PSYC 100 ^a	Intro to Psychology	3
ENGL 101 ^a	Composition I	3	CHEM 112 ^a	General Chemistry II and Lab	4
CHEM 111 ^a	General Chemistry I and Lab	4	BIOL 112 ^c	General Biology II and Lab	4
BIOL 111 ^c	General Biology I and Lab	4	LNCN 100 ^a	Lincoln's Life and Legacy	1
PRS 185 ^b	Fr. Seminar in Rehab Sciences	1	PRS 285 ^b	So. Seminar in Rehab Sciences	1
ISYS 100 ^a	Computer Literacy	2	MATH Requirement ^a		3
	Total	16		Total	16
Sophomore Year					
Fall			Spring		
		Cr Hrs			Cr Hrs
ENGL 102 ^a	Composition II	3	MATH 270 ^c	Probability & Statistics	3
PSYC 221 ^a	Child & Adolescent Development	3	History Requirement ^a		3
PEXS 265 ^b	Injury Prevention & Emerg Mgmt	3	BIOL 312 ^c	Integrated Vert. A&P II and Lab	4
BIOL 311 ^c	Integrated Vert. A&P I and Lab	4	PEXS 372 ^b	Kinesiology & Biomechanics	3
Humanities or FA Requirement ^a		3	PEXS 373 ^b	App. of Kinesiology & Biomechanics	1
			AHSC 300 ^c	Medical Terminology	3
	Total	16		Total	17
Junior Year					
Fall			Spring		
		Cr Hrs			Cr Hrs
PEXS 300 ^b	Exercise Physiology I	3	PEXS 435 ^b	Exercise Prescription	3
PEXS 303 ^b	App. of Exercise Physiology I	1	PEXS 493A ^b	Practicum in Exercise Science	3
ENGL 240 or 250 ^a		3	PRS 385 ^b	Prin. of Teaching and Learning	3
History Requirement ^a		3	LNCN 300 ^a	American Citizenship	1
PHYS 211 ^c	General Physics I and Lab	4	PHYS 212 ^c	General Physics II and Lab	4
COMM 200 ^a	Fund. of Speech Communications	3	PHIL 430 ^a	Medical Ethics	3
	Total	17		Total	17
Senior Year					
Fall			Spring		
		Cr Hrs			Cr Hrs
PEXS 434 ^b	Foundations & Admin	3	PEXS 487 ^b	Therapeutic Modalities	3
PEXS 444 ^b	Advanced Sports Emerg. Care	3	PEXS 488 ^b	Rehab & Therapeutic Exercise	3
PEXS 474 ^b	Injury Eval of Extremities	3	PEXS 494 ^b	General Medical Considerations	3
PEXS 476 ^b	Evidence Based Practice	3	PEXS 497 ^b	Senior Seminar	3
	Total	12		Total	12

a = General Education Requirement

b = Major Requirement

c = collateral Requirement

Total Degree Hours: 124