

**General Exercise Science  
 Bachelor of Science  
 Four-Year Curriculum Plan  
 124 Credit Hours**

This is a four-year plan of study for freshmen entering LMU fall 2020. This plan is to be used in conjunction with the university catalog and advice of faculty advisors.

Freshman Year – Fall	Cr.
UACT 100 Strategies for College Success <sup>a</sup>	1
ENGL 101 Composition I <sup>a</sup>	3
PEXS 200 Foundation of PE, Sports & Fitness <sup>b</sup>	2
PHYS 100 Intro to Physics & Lab <sup>a,b</sup>	4
MATH Requirement <sup>a</sup> MATH 110, 115, 120, or 150	3
ISYS 100 Computer Literacy <sup>a</sup>	2
LNCN 100 Lincoln's Life & Legacy <sup>a</sup>	1
<b>Total Credits</b>	<b>16</b>

Freshman Year – Spring	Cr.
PSYC 100 Intro to Psychology <sup>a,b</sup>	3
ENGL 102 Composition II <sup>a</sup>	3
HLTH 120 Safety, First Aid & CPR <sup>b</sup>	2
PEXS 275 Technology for HPEES <sup>b</sup>	2
CHEM 100 Intro to Chemistry & Lab <sup>a,b</sup>	4
HIST Requirement <sup>a</sup>	3
<b>Total Credits</b>	<b>17</b>

Sophomore Year – Fall	Cr.
BIOL 261 Human A&P I & Lab <sup>c</sup>	4
PSYC 221 Child & Adolescent Development <sup>a,b</sup>	3
PEXS 265 Injury Prevention & Emergency Management <sup>b</sup>	3
ENGL 240 or 250 <sup>a</sup>	3
HLTH 210 Nutrition <sup>b</sup>	3
<b>Total Credits</b>	<b>16</b>

Sophomore Year – Spring	Cr.
BIOL 262 Human A&P II & Lab <sup>c</sup>	4
HIST Requirement <sup>a</sup>	3
PEXS 372 Kinesiology & Biomechanics <sup>b</sup>	3
Fine Art Requirement <sup>a</sup>	3
COMM 200 Fund. of Speech Communication <sup>a</sup>	3
<b>Total Credits</b>	<b>16</b>

Junior Year – Fall	Cr.
PEXS 300 Exercise Physiology I <sup>b</sup>	3
HLTH 425 Sport & Exercise Nutrition <sup>b</sup>	3
FA/Humanities/Ethics Requirement <sup>a</sup>	3
Concentration/Minor/Elective	6
<b>Total Credits</b>	<b>15</b>

Junior Year – Spring	Cr.
PEXS 344 Learning & Psychomotor Development <sup>b</sup>	3
PEXS 350 Sport & Exercise Psychology <sup>b</sup>	3
PEXS 400 Exercise Physiology II <sup>b</sup>	3
CIVX 300 American Civics <sup>a</sup>	2
Prerequisite: LNCN 100	
Concentration/Minor/Elective	6
<b>Total Credits</b>	<b>17</b>

Senior Year – Fall	Cr.
PEXS 310 Measurement & Evaluation <sup>b</sup>	3
PEXS 493A Practicum in Exercise Science <sup>b</sup>	3
Concentration/Minor/Elective	6
<b>Total Credits</b>	<b>12</b>

Senior Year – Spring	Cr.
PEXS 430 Organization & Administration <sup>b</sup>	3
PEXS 435 Exercise Prescription <sup>b</sup>	3
PEXS 485 Research Methods <sup>b</sup>	3
Concentration/Minor/Elective	6
<b>Total Credits</b>	<b>15</b>

a = LMU BS Core Curriculum Requirement – See LMU Undergraduate catalog for details

b = Major Requirement. See LMU Undergraduate catalog for specific details

c = Collateral Requirement. See LMU Undergraduate catalog for specific details

The Sport and Exercise Science Department offers four concentrations/minors. 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 in order to progress through the degree in an appropriate amount of time.

Sport Coaching Concentration (24 hours)	Cr.
HLTH 360 Drug Awareness	3
HLTH 414 Contemporary Issues Health & Fitness	3
PEXS 313 Issues in Sport – Youth thru YA	3
PEXS 320 Legal Aspects of Sports	3
PEXS 354 Techniques & Coaching	3
PEXS 386 Practice & App. of Strength & Conditioning	3
PEXS 450 Leadership in Coaching	3
PEXS 493B Practicum in Coaching	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

Strength & Conditioning Minor (26 hours)	Cr.
HLTH 120 Safety, First Aid & CPR	2
HLTH 425 Sport & Exercise Nutrition	3
PEXS 271 A&P for HPEES	3
PEXS 300 Exercise Physiology	3
PEXS 372 Kinesiology & Biomechanics	3
PEXS 385 Scientific Foundations of Strength & Cond.	3
PEXS 386 Practice & App. of Strength & Conditioning	3
PEXS 435 Exercise Prescription	3
PEXS 493C Practicum in Strength & Conditioning	3

Career Exploration			
Career	Description	Preparation – internship, shadowing, additional coursework, etc.	Career Qualifications/Certifications