

**General Exercise Science  
 Pre-OTD Option  
 Bachelor of Science  
 Four-Year Curriculum Plan  
 122 Credit Hours**

This is a four-year plan of study for freshmen entering LMU fall 2021. 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
PRS 185 Freshman Seminar in Rehab Sciences <sup>b</sup>	1
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
HLTH 120 Safety, First Aid & CPR <sup>b</sup>	2
<b>Total Credits</b>	<b>16</b>

Freshman Year – Spring	Cr.
PSYC 221 Child & Adolescent Development <sup>a,b</sup>	3
ENGL 102 Composition II <sup>a</sup>	3
PRS 285 Sophomore Seminar in Rehab Sciences <sup>b</sup>	1
COMM 200 Fund. of Speech Communication <sup>a</sup>	3
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 222 Adult Development <sup>a,b</sup>	3
PEXS 265 Injury Prevention & Emergency Management <sup>b</sup>	3
ENGL 240 or 250 <sup>a</sup>	3
Fine Art Requirement	3
LNCN 100 Lincoln's Life & Legacy <sup>a</sup>	1
<b>Total Credits</b>	<b>17</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
PHIL 200 Intro to Philosophy <sup>a,c</sup>	3
PEXS 350 Sport & Exercise Psychology <sup>b</sup>	3
<b>Total Credits</b>	<b>16</b>

Junior Year – Fall	Cr.
PEXS 300 Exercise Physiology I <sup>b</sup>	3
PEXS 310 Measurement & Evaluation <sup>b</sup>	3
PEXS 435 Exercise Prescription <sup>b</sup>	3
PSYC 255 Intro to Social Psychology <sup>c</sup>	3
AHSC 300 Medical Terminology <sup>c</sup>	3
CIVX 300 American Civics <sup>a</sup>	2
Prerequisite: LNCN 100	
<b>Total Credits</b>	<b>17</b>

Junior Year – Spring	Cr.
MATH 270 Probability & Statistics <sup>c</sup>	3
PEXS 430 Organization & Administration <sup>b</sup>	3
PEXS 485 Research Methods <sup>b</sup>	3
PSYC 340 Abnormal Psychology <sup>c</sup>	3
PEXS 493A Practicum in Exercise Science <sup>b</sup>	3
Elective	1
<b>Total Credits</b>	<b>16</b>

Senior Year – Fall	Cr.
PEXS 434 Foundations & Administration <sup>b</sup>	3
PEXS 344 Learning & Psychomotor Development <sup>b</sup>	3
PEXS 474 Injury Evaluation of Extremities <sup>b</sup>	3
PEXS 476 Evidence Based Practice <sup>b</sup>	3
<b>Total Credits</b>	<b>12</b>

Senior Year – Spring	Cr.
PEXS 487 Therapeutic Modalities <sup>b</sup>	3
PEXS 488 Rehab & Therapeutic Exercise <sup>b</sup>	3
PEXS 494 General Medical Considerations <sup>b</sup>	3
PEXS 497 Senior Seminar <sup>b</sup>	3
<b>Total Credits</b>	<b>12</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

\*\*Students must earn a grade of C or better in all PEXS, PRS, and HLTH prefixed courses

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 or Math SAT of ≥532

Additional details are available on the LMU GPA Program website: [https://www.lmunet.edu/news/main/gpa\\_pathways.php](https://www.lmunet.edu/news/main/gpa_pathways.php)

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