**West Chester University**

**B.S. in Exercise Science Specialist (ESS) Degree through the Honors College Advisement Sheet**

Effective for students entering Fall '17 and later.

*Indicate all the courses you have taken at WCU or transferred for credit. For completed courses, also list the grades. Mark an asterisk (*) beside courses you are currently taking.*

The grade of C- or better is necessary in all required science, math and EXS courses above the 300 level.

Maintenance of CPR and first aid certification required.

---

**I. EXERCISE SCIENCE CORE (44 s.h.)**

**NOTE:** All labs are 1 credit, all classes are 3 credits unless noted.

- EXS 101 **(Group Ex. Leadership)** 2
- EXS 102 **(Resistance Training)** 2
- EXS 180 **(Lifetime Fitness)** 3
- EXS 223 **(Kinetic Anatomy)** 2
- EXS 262 **(Biomechanics)** 3
- EXL 382 **(Biomechanics Lab)** **1**
- EXS 370 **(Motor Learning)** 3
- EXS 375 **(Exercise Psychology)** 3
- EXS 380 **(Exercise Physiology)** 3
- EXL 380 **(Ex. Phys. Lab)** 3
- EXS 381 **(Fitness Assessment)** 4
- EXS 482 **(Phys. Conditioning)** 4
- EXS 484 **(Adult Fitness)** 4
- EXS 486 **(Special Population)** 3
- EXS 489 **(Clinical Exs Test.)** 4
- EXS 490 **(Internship)** 3

**NOTES** - The following prerequisites relate to the accompanying symbol:

* - PHY 100 or above. BIO 259
** - Take concurrent with EXS 262
^- - PSY 100 & EXS 370
^-^ - BIO 269 & concurrent w/ EXS 380
^-^- - EXS 380 or concurrent

**III. HONORS COLLEGE**

**SEQUENCE for GEN ED (27 s.h.)**

- HON 100 **(Self Awareness)**
- HON 211 **(Public Discourse)**
- HON 212 **(Ethics & Technology)**
- HON 310 **(Community Change)**
- HON 311 **(Stewardship & Civic Responsibility)**
- HON 312 **(Educational Systems)**

or

- HON 322 **(Leading Change ELL)**
- HON 313 **(Public Opinion)**
- HON 314 **(Environ. Systems)**
- HON 315 **(Community & Arts)**
- MAT **x**
- SCI **x**

* (NOTE: Fulfilled from major requirements).

---

**IV. ADDITIONAL HONORS COLLEGE REQUIREMENTS (9 s.h.)**

A) Two HON seminars at the 320 level or above

- HON ______

- HON ______

B) Capstone Project

- HON 490 ______

---

**V. DIRECTED ELECTIVES**

Take enough directed electives to complete 120 credits. The actual number of electives required will vary depending upon (among other issues) the number of 3 vs. 4 hour courses taken to fulfill the major requirements. **Students should actively consult pre-requisite requirement for various professional schools of interest.**

<table>
<thead>
<tr>
<th>Course</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** We recommend all majors take one of the national certification exams:

- a) American College of Sports Medicine (ACSM) or
- b) National Strength and Conditioning Association (NSCA) before graduating

**Bring this sheet with you whenever you meet with your advisor about scheduling or course planning!**

(Revised August 2017)