

BACHELOR OF SCIENCE IN EXERCISE SCIENCE - HEALTH WELLNESS AND REHABILITATION CONCENTRATION

Summary of Graduation Requirements

Subject Area	Credits
General Education Core Requirements (https://catalog.nsu.edu/undergraduate/academic-information/general-education-core-program/)	42
Major Requirements	40
HWR Concentration Requirements	38
Total Credit Hours	120

Curriculum

Course	Title	Credits
First Year		
BIO 110	General Biology	3
BIO 110L	General Biology Laboratory	1
ENG 101	College English I	3
ENG 102	College English II	3
CSC 150	Computer Literacy	3
HED 170	Personal and Community Health	3
EXS 170	Introduction to Exercise Science	3
CHM 221	General Chemistry I	3
CHM 221L	General Chemistry I Laboratory	1
MTH 153	College Algebra & Trigonometry	3
PED 100	Fundamentals of Fitness for Life	1
SEM 101 & SEM 102	Spartan Seminar 101 and Spartan Seminar 102	2
Credits		29
Second Year		
XXX	Social Sciences ²	3
FSN 110	The Science of Human Nutrition	3
HUM 210/211	Humanities ¹	3
PED 200	Beginning Fitness Through Weight Training	2
PED 287	Human Anatomy	3
PED 287L	Human Anatomy Laboratory	1
SEM 201	Spartan Seminar 201	1
ENG 285	Public Speaking	3
PHY 152	General Physics	3
PHY 152L	General Physics Laboratory I	1
PED 288	Human Physiology	3
PED 288L	Human Physiology Laboratory	1
PSY 210	Introduction to Psychology	3
PED 133	Beginning Swimming	1
Credits		31

Third Year

EXS 237	Care & Prevention of Athletic Injuries	3
EXS 355	Anatomical Kinesiology	3
PSY 228	Developmental Psychology	3
PED 251	Modern Dance I	1
PED 365	Adapted Physical Education	3
HED 368A	Cur/Meth Health Ed	3
EXS 369	Research Methods and Statistical Evaluation	3
PED 300	Advanced Fitness Through Weight Training	2
EXS 356	Biomechanics of Human Motion	3
EXS 447	Physiology of Muscular Exercise	3
EXS 447L	Physiology of Muscular Exercise	1
XXX	Cultural Perspectives ³	3
Credits		31

Fourth Year

EXS 483	Clinical Kinesiology I	3
EXS 380	Stress Management	3
EXS 363	Clinical Aspects of Aging	2
EXS 430	Neurological and Pathological Foundations in Exercise	3
XXX	Cultural Perspectives ³	3
PED 450	Motor Learning	3
PED 496	Exercise Science Internship ⁴	12
Credits		29
Total Credits		120

¹ **Humanities:** (ENG 207 Introduction to World Literature/FIA 201 Basic Art Appreciation/MUS 301 Music Appreciation) HUM 210 Humanities and HUM 211 Humanities accepted but not recommended

² **Social Sciences:** (SOC 101 Introduction to the Social Sciences/HIS 101 History of World Societies II/HIS 103 United States History Since 1865/BUS 175 Introduction to Business & Entrepreneurship/ECN 200 Basic Principles of Economics) HIS 100 History of World Societies I and HIS 102 United States History to 1865 are accepted but not recommended

³ **Cultural Perspectives:** (ENG 383 African-American Literature, 1940-PRESENT/ /MUS 234 African-American Music/HIS 335 African-American History/HIS 336 African-American History Since 1865/HRP 320 African American Health and HIS 371 Modern African History & Cultures 1600-PRESENT) FIA 370 African/Afro-American Art/POS 315 African American Politics/PSY 340 Psychology of the African-American/SOC 237 Racial & Ethnic Minorities and HIS 370 Early African History and Cultures, From the Beginning of Humankind to 1600 are accepted but not recommended.

⁴ **PED XXX:** (Aerobics, Bowling, Dance, Golf, Life Saving, Tennis, Water Aerobics, Weight Lifting)

Driver's Education Endorsement

Code	Title	Credits
PED 440	Driver Education	3
PED 444/440	Principles and Methods of Classroom and In-Car Instruction	3

PED 443/440/444	Drivers Rehabilitation	3
Total Credits		9

Lifeguarding Certification

Code	Title	Credits
Select one of the following:		2-3
PED 325	Lifeguard Training	
PED 133 & PED 134	Beginning Swimming and Advanced Swimming (and/or instructor's approval)	
Total Credits		2-3

Additional Prerequisites for Graduate School

Code	Title	Credits
Select one of the following:		4
CHM 216 & 216L	Chemistry II and Chemistry II Lab	
CHM 222 & 222L	General Chemistry II and General Chemistry II Laboratory	
PHY 153 & 153L	General Physics and General Physics Laboratory II	4
Total Credits		8

Check additional admission requirements for graduate school of your preference