Exercise Science – Exercise Physiology Track

Bachelor of Science (BS.EXSC(EXPH)

Core Requirements				Credits	Notes/Instructions
College Sem.		Quest for Meaning	CSEM 100	3	†A student may be required to take ENGL 105 and/or MATH 100 based on placement exams administered prior to their first semester at King's College. ENGL 105 and MATH 100 are 3-credit courses and will count as free electives. †† The Intercultural Competence requirement can be satisfied by taking a 100-level language class for 3 credits or participating in an approved Study Abroad experience. (See college catalog for more information) **SBM** = Satisfied By Major requirement(s) and credit(s) listed below.
Communication & Creative Expression		Writing	ENGL 110†	3	
		Oral Communication	COMM 101	3	
		Literature	ENGL 140-149	3	
		The Arts	ARTS 100-149	3	
Citizenship		History	HIST 100-149	3	
		Intercultural	FREN/GERM/SPAN 100-level or Study Abroad††	3	
		Global Connections	ECON 150-199; GEOG 150-199; HIST 150-199; PS 150-199; SOC 150-199	3	
Quantitative & Scientific Reasoning	SBM	Quantitative Reasoning	**MATH 126**	-	
	SBM	Scientific Endeavor	NSCI 100	-	
	SBM	Science in Context	NSCI 171-199	-	
	SBM	Human Beh. & Soc. Inst	**SOC 101**	-	
Wisdom, Faith, & the Good Life		Introduction to Phil.	PHIL 101	3	
		Phil. Investigations	PHIL 170-199	3	
		Theology & Wisdom	THEO 150-159	3	
		Theology & the Good Life	THEO 160-169	3	
			Total Core Credits	**36**	

Major Requirements	Credits	Major Requirements	Credits	Other Requirements	Credits
EXSC 101	3	BIOL 113	3	HCE 101 Holy Cross Exp.	1
EXSC 150	3	BIOL 113L	1		
EXSC 280	3	BIOL 210[PR]	3		
EXSC 290	3	BIOL 210L[PR]	1		
EXSC 309[PR]	3	EXSC 219	3		
EXSC 310[PR]	3	EXSC 219L	1		
EXSC 310L[PR]	1	EXSC 220[PR]	3		
EXSC 320	3	EXSC 220L[PR]	1		
EXSC 325	3	CHEM 113[2]	3		
EXSC 330	3	CHEM 113L	1		
EXSC [360]	3	CHEM 114[2,PR]	3		
EXSC [370]	3	CHEM 114L[PR]	1		
EXSC 480[PR]	3	MATH 126[2,5]	3		
EXSC 499[PR]	3	PHYS 111	3		
		PHYS 111L	1		
		PHYS 112[PR]	3		
		PHYS 112L[PR]	1		
		PSYC 101	3		
		PSYC 340	3		
		PSYC 351	3		
		SOC 101[2,4]	3		
Total Major Credits	**40**	**Total Major Credits**	**47**	**Total Other Credits**	**1**

Total Credits Required for Graduation = 124

General Information:

A student must earn a minimum of 120 credit hours to be awarded the baccalaureate degree. The number of credit hours required for graduation may be higher in certain major programs **or** if the student elects to pursue a second major. Beyond the requirements of the Core Curriculum and of a student's chosen major program, the balances of the credit hours required for graduation are "free electives."

See reverse side for a suggested sequence

Effective 07/01/2025

Exercise Science – Exercise Physiology Track

Suggested Sequence

A suggested course sequence of degree requirements is listed below. Refer to the college catalog for course titles, descriptions, and prerequisites. Always consult your Academic Advisor when planning and scheduling your classes.

	Fall	Credits		Spring	Credits
	EXSC 101 Intro. to Exercise Science	3		EXSC 150 Prev., Treat., & Emerg. Care of Inj.	3
	CHEM 113[2] General Chemistry I	3		CHEM 114[2,PR] General Chemistry II	3
	CHEM 113L General Chemistry I Lab	1		CHEM 114L[PR] General Chemistry II Lab	1
	SOC 101[2,4] Intro to Sociology	3		PSYC 101 Introduction to Psychology	3
	Core Course[1]	3		Core Course[1]	3
	HCE 101 Holy Cross Experience	1		Core Course[1]	3
	Student may take an additional course up to 17 credits	**14**			**16**
	Summer	**Credits**			
	Fall	**Credits**		**Spring**	**Credits**
	EXSC 219 Anatomy & Physiology for Exercise Science I	3		EXSC 290 Exercise Physiology	3
	EXSC 219L Anatomy & Physiology for Exercise Sci I Lab	1		EXSC 220[PR] Anatomy & Physiology for Exercise Science II	3
	PHYS 111 Physics for the Life Sciences I	3		EXSC 220L[PR] Anatomy & Physiology for Exercise Sci II Lab	1
	PHYS 111L Physics for the Life Sciences I Lab	1		PHYS 112[PR] Physics for the Life Sciences II	3
	EXSC 280 Clinical Kinesiology & Anatomy	3		PHYS 112L[PR] Physics for the Life Sciences II Lab	1
	Core Course[1]	3		Core Course[1]	3
	Core Course[1]	3			
		17			**14**
	Summer	**Credits**			
	Fall	**Credits**		**Spring**	**Credits**
	EXSC 309[PR] Electrocardiology	3		EXSC 310[PR] Assess. & Measurements in Exercise	3
	EXSC 330[PR] Alternative Methods of Exercise	3		EXSC 310L[PR] Assess. & Measurements in Ex. Lab	1
	EXSC 360 Advanced Exercise Physiology	3		EXSC 320[PR] Exercise & Special Populations	3
	Core Course[1]	3		EXSC 325 Nutrition and the Athlete	3
	Core Course[1]	3		EXSC 370 Biochemistry for Exercise & Nutrition	3
				MATH 126[2,5] Introduction to Statistics	3
		15			**16**
	Summer	**Credits**			
	Fall	**Credits**		**Spring**	**Credits**
	BIOL 113 Evolution & Diversity	3		BIOL 210 Organisms & Their Ecosystems	3
	BIOL 113L Evolution & Diversity Lab	1		BIOL 210L Organisms & Their Ecosystems Lab	1
	EXSC 480[PR] Research & Design	3		EXSC 499[PR] Field Experience/Internship	3
	PSYC 351 Psychopathology	3		PSYC 340 Health Psychology	3
	Core Course[1]	3		Core Course[1]	3
	Core Course[1]	3		Core Course[1]	3
		16			**16**

Total Credits Required for Graduation = 124

NOTES:

[1] Choose one course from each of the Core Requirements listed on the reverse side.

[2] Course may satisfy both a Major and a Core requirement. CHEM 113 and CHEM 114 satisfy the Scientific Endeavor and Science in Context Core requirements. MATH 126 will satisfy the Quantitative Reasoning Core requirement and SOC 101 will satisfy the Human Behavior & Social Institutions Core requirement.

[3] A student may take up to 17 credits in the Spring or Fall semesters without being charged for an overload. A "free elective" can be taken for personal enrichment or of Minor and/or Second Major requirements.

[4] A student must take SOC 101 Intro to Sociology to graduate from the Exercise Science Program and it must be completed prior to the spring of junior year (3rd year). SOC 101 will satisfy the Human Behavior & Social Institution Core requirement.

[5] A student must take MATH 126 Intro to Statistics to graduate from the Exercise Science Program. MATH 126 will satisfy the Quantitative Reasoning Core requirement.

[PR] Course has a prerequisite – Consult college catalog for further information.