

**SAINT FRANCIS UNIVERSITY**  
**Program in Exercise Physiology**  
**Bachelor of Science in Exercise Physiology**  
**Pre-Allied Health Concentration**

**Year 1 - Fall**

BIOL 111	Biology I w/lab	4
CHEM 113	Human Chemistry w/lab	4
CORE 103	Fall Comm Enrichment	0
ENGL 103	Writing for Discipline	3
<b>EXPH 101</b>	<b>Intro to Exercise Physiology</b>	<b>2</b>
<b>EXPH 102</b>	<b>Intro to Strength Training</b>	<b>1</b>
RLST 105	Francis and Global Issues	<u>3</u>
		<b>17</b>

**Year 1 - Spring**

CHEM 114	Human Chemistry w/lab	4
CORE 104	Spring Comm Enrichment	0
CORE 113	First-Year Seminar	3
<b>EXPH 103</b>	<b>Intro to Physical Conditioning</b>	<b>1</b>
GEIC	Econ, PolSci, Soc	3
HIST**	Elective (GEIC)	3
PSYC 101	Intro to Psychology (GEIC)	<u>3</u>
		<b>17</b>

**Year 1 - Summer**

No required courses

**Year 2 - Fall**

BIOL 205	Anatomy & Physiology I w/lab	4
CORE 211	Wellness: Inside & Out	0
<b>EXPH 250</b>	<b>Functional Anatomy</b>	<b>2</b>
FNAR	Fine Arts Elective (GEIC)	3
LANG	Elective (GEIC)	3
PHIL 205	Phil-Reason/Response	3
PSYC*	Elective	<u>3</u>
		<b>18</b>

**Year 2 - Spring**

BIOL 206	Anatomy & Physiology II w/lab	4
CORE 212	Wellness: Inside & Out	0
ENGL 104	Writing about Literature	3
<b>EXPH 305</b>	<b>Exercise Physiology w/lab</b>	<b>4</b>
MATH 110	Pre-Calculus (GEIC)	3
<b>PSYC 206</b>	<b>Health &amp; Exercise Psychology</b>	<u>3</u>
		<b>17</b>

**Year 2 - Summer**

No required courses

**Year 3 - Fall**

EXAM 301	Writing Comp Exam	0
<b>EXPH 205</b>	<b>Common Sports Injuries</b>	<b>3</b>
<b>EXPH 312</b>	<b>Exercise Across the Lifespan (GETM 3)</b>	<b>3</b>
<b>EXPH 330</b>	<b>Neuro Muscular Str Cond w/lab</b>	<b>4</b>
GETM 1	Ethics	3
PHYS 104	Physics I w/lab	<u>4</u>
		<b>17</b>

**Year 3 - Spring**

Elective	PHYS105 or BIOL 214	4
<b>EXPH 310</b>	<b>Nutrition for Sport &amp; Exercise</b>	<b>3</b>
<b>EXPH 360</b>	<b>Exercise Testing &amp; Prescript w/lab</b>	<b>3</b>
<b>EXPH 396</b>	<b>Internship Guide</b>	<b>0</b>
<b>EXPH 405</b>	<b>Clinical Exercise Physiology</b>	<b>3</b>
STAT 205	Statistics (GETM 2)	<u>3</u>
		<b>16</b>

**Year 3 - Summer**

No required courses

**Year 4 - Fall**

<b>EXPH 375</b>	<b>Research Methods in Exercise Phys</b>	<b>3</b>
<b>EXPH 390</b>	<b>Fitness Programming</b>	<b>2</b>
<b>EXPH 398/99</b>	<b>Internship/Practicum</b>	<b>2</b>
<b>EXPH 412</b>	<b>Organization &amp; Administration</b>	<b>2</b>
GETM 4	Social Systems	<u>3</u>
		<b>12</b>

**Year 4 - Spring**

CORE 407	Keystone Seminar	3
<b>EXPH 320</b>	<b>Biomechanics</b>	<b>3</b>
<b>EXPH 398/99</b>	<b>Internship Practicum</b>	<b>3</b>
<b>EXPH 400</b>	<b>Advanced Lab Techniques</b>	<b>1</b>
<b>EXPH 410</b>	<b>Environmental Exercise Phys</b>	<b>3</b>
<b>EXPH 414/15</b>	<b>Senior Seminar</b>	<u>1</u>
		<b>14</b>

**Year 4 - Summer**

No required courses

Total Credits = 128

\*PSYC 209 will fulfill this requirement; PSYC 321 does not fulfill this requirement

\*\*Recommend: HIST 220 History of Science or HIST 245 History of Medicine

DPT Articulation: PT Seminar recommended but not required

Revised 7/28/16; 11/8/17; 4/23/18