

SAINT FRANCIS UNIVERSITY
Program in Exercise Physiology: Bachelor
of Science in Exercise Physiology:
EP-P Pre-Prof/Pre-Med Concentration:

Year 1 - Fall			Year 1 – Spring			Year 1 – Summer
BIOL 111	Biology 1 w/lab	4	CHEM 122	Chemistry Principles II	4	
CHEM 121	Chemistry Principles I	4	CORE 104	Spring Comm Enrichment	0	
CORE 103	Fall Comm Enrichment	0	CORE 113	First-year Seminar	3	
WRIT 102	Research Writing	3	SocScience I	Econ, PolSci or Soc	3	
EXPH 101	Intro to Exercise Physiology	2	HIST **	Elective	3	
RLST 105	Francis and Global Issues	<u>3</u>	PSYC 101	Intro to Psychology	<u>3</u>	
		16			16	
Year 2 – Fall			Year 2 – Spring			Year 2 – Summer
BIOL 205	Anatomy & Physiology I w/lab	4	BIOL 206	Anatomy & Physiology II w/ lab	4	
CHEM 221	Organic Chemistry I	4	CHEM 222	Organic Chemistry II	4	
LIT	Literature Elective	3	EXPH 305	Exercise Physiology w/lab	4	
MATH 121	Calculus I	3	PSYC 206	Health and Exercise Psychology	3	
PHIL 205	Phil-Reason/Response	<u>3</u>	STAT 205	Statistics	<u>3</u>	
		17			18	
Year 3 - Fall			Year 3 – Spring			Year 3 – Summer
BIOL 405	Biochemistry	4	BIOL 301/401	Genetics or Cell Molecular Biology	4	
EXAM 301	Writing Comp Exam	0	EXPH 360	Exercise Testing & Prescript w/lab	3	
EXPH 250	Functional Anatomy	2	EXPH 396	Internship Guide	0	TAKE MCAT
EXPH 330	Neuro Muscular Strength w/lab	4	EXPH 405	Clinical Exercise Physiology	3	
PHYS 104	Physics I w/lab	4	LANG	Elective	3	
PSYC**	Psychology Elective	<u>3</u>	PHYS 105	Physics II w/lab	<u>4</u>	
		17			17	
Year 4 - Fall			Year 4 - Spring			Year 4 – Summer
EXPH 312	Exercise Across the Lifespan	3	CORE 407	Keystone Seminar	3	
EXPH 275	Health and Fitness Programming	2	EXPH 310	Nutrition for Sport & Exercise	3	
EXPH 375	Research Methods in Exercise Phys	3	EXPH 320	Biomechanics	3	
EXPH 398/99	Internship/Practicum	2	EXPH 398/99	Internship/Practicum	2	
EXPH 412	Organization & Administration	2	EXPH 400	Advanced Lab Techniques	1	
RLST/PHIL	Elective	3	EXPH 410	Environmental Exercise Phys	3	
SocScience II	Econ, PolSci, Soc or Psych	<u>3</u>	EXPH 414/15	Senior Seminar	<u>1</u>	
		16			16	

Total Credits = 135

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

Revised 7/28/16; 11/8/17; 4/23/18; 6/3/19; 3/9/2020