

SAINT FRANCIS UNIVERSITY
Program in Exercise Physiology
Bachelor of Science in Exercise Physiology

Year 1 - Fall			Year 1 - Spring			Year 1 - Summer
PSYC 101	Introduction to Psychology	3	BIOL 111	Biology I w/lab	4	No required courses
CHEM 113	Human Chemistry w/lab	4	CHEM 114	Human Chemistry w/lab	4	
CORE 103	Fall Comm Enrichment	0	CORE 113	First-Year Seminar	3	
WRIT 102	Research Writing	3	CORE 104	Spring Comm Enrichment	0	
EXPH 101	Intro to Exercise Physiology	2	SocScience I	Econ, PolSci or Soc	3	
RLST 105	Francis and Global Issues	<u>3</u>	HIST*	Elective (GE)	<u>3</u>	
15			17			
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	
LANG	Elective	3	EXPH 275	Health & Fitness Programming	2	
LIT	Literature Elective	3	EXPH 305	Exercise Physiology w/lab	4	
EXPH 250	Functional Anatomy	2	MATH 110	Pre-Calculus (GE)	3	
PHIL 205	Phil-Reason/Response	3	PSYC 206	Health and Exercise Psychology	<u>3</u>	
PSYC**	Psychology elective	<u>3</u>			17	
17			17			
Year 3 - Fall			Year 3 - Spring			Year 3 - Summer
EXAM 301	Writing Comp Exam	0	EXPH 310	Nutrition for Sport & Exercise	3	
EXPH 205	Common Sports Injuries	3	EXPH 360	Exercise Testing & Prescript w/lab	3	
EXPH 312	Exercise Across the Lifespan (GE+)	3	EXPH 396	Internship Guide	0	
EXPH 330	Neuro Muscular Str Cond w/lab	4	EXPH 405	Clinical Exercise Physiology	3	
Elective	Concentration Elective		Elective	Concentration Elective		
Elective	Concentration Elective		Elective	1-2 Concentration Elective(s)		
17-18			16-18			
Year 4 - Fall			Year 4 - Spring			Year 4 - Summer
RLST/PHIL	Elective	3	CORE 407	Keystone Seminar	3	
EXPH 375	Research Methods and Statistics	3	EXPH 320	Biomechanics	3	
FNAR	Elective	3	EXPH 398/99	Internship/Practicum	2	
EXPH 398/99	Internship/Practicum	2	EXPH 400	Advanced Lab Techniques	1	
EXPH 412	Organization & Administration	2	EXPH 410	Environmental Exercise Phys	3	
SocScience II	Econ,PolSci,Soc or Psych	<u>3</u>	EXPH 414/15	Senior Seminar	1	
			Elective	Concentration Elective		
16			13-16			

Total Credits = 128-134

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

**Note: PSYC 321 does not fulfill this requirement

GE+: Meets Gen Ed and Major Requirements

Revised: 7/28/16; 11/8/17; 4/23/18; 12/5/18; 6/10/19; 2/24/2020; 5/20/2021

Concentration Electives:

Fitness Professionals Concentration

ACCT 101 Financial Accounting , 3 cr
PLUS 3 courses (2 additional course for a business minor)
ACCT 102 Managerial Accounting, 3 cr
MGMT 101 Principles of Management, 3 cr
MGMT 201 Human Resource Management, 3 cr
MKTG 302 Marketing, 3 cr
MIS 102 Management Information Systems, 3 cr

Graduate Allied Health Concentration

Choose 3 to 4 courses (11 credits minimum)
BIOL 214 - Clinical Microbiology, 4 cr
BIOL 301 - Genetics, 4 cr
BIOL 401 - Cell and Molecular Biology, 4 cr
PHYS 104 - An Introduction to Physics I, 4 cr
PHYS 105 - An Introduction to Physics II, 4 cr
STAT 205 Essentials of Statistics, 3 cr

Physical Therapy 4+3 EXPT Only:

Take all of these (13 credits)

PT 101 Physical Therapy Seminar I, 1 cr (Fall, So Year)
PT 102 Physical Therapy Seminar II, 1 cr (Spring, Jr Year)
PHYS 104 An Introduction to Physics I, 4 cr (Fall Jr. Year)
PHYS 105 An Introduction to Physics II, 4 cr (Spring, Jr Year)
STAT 205 Essentials of Statistics, 3 cr (Spring Jr Year)