

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

Year 1 - Fall			Year 1 - Spring			Year 1 - Summer		
BIOL 111	Biology I w/lab	4	CHEM 114	Human Chemistry w/lab	4			
CHEM 113	Human Chemistry w/lab	4	CORE 104	Spring Comm Enrichment	0			
CORE 103	Fall Comm Enrichment	0	CORE 113	First-Year Seminar	3			
WRIT 102	Research Writing	3	EXPH 103	Intro to Physical Conditioning	1			
EXPH 101	Intro to Exercise Physiology	2	SocScience	Econ, PolSci or Soc (GE)	3			
EXPH 102	Intro to Strength Training	1	HIST*	Elective (GE)	3			
RLST 105	Francis and Global Issues	<u>3</u>	PSYC 101	Intro to Psychology (GE+)	<u>3</u>			
		17			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			
***LIT 104	General Education Elective	3	EXPH 305	Exercise Physiology w/lab	4			
EXPH 250	Functional Anatomy	2	LANGUAGE	Elective (GE)	3			
FINE ARTS	Art, Music or Theatre Elective (GE)	3	MATH 110	Pre-Calculus (GE)	3			
PHIL 205	Phil-Reason/Response (GE)	3	PSYC 206	Health & Exercise Psychology (GE+)	<u>3</u>			
PSYC**	Psychology Elective	<u>3</u>			17			
		18						
Year 3 - Fall			Year 3 - Spring			Year 3 - Summer		
EXAM 301	Writing Comp Exam	0	EXPH 310	Nutrition for Sport & Exercise	3			EXPH 398/99 Internship/Practicum
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			
PHYS 104	Physics I with Lab	4	STAT 205	Statistics	3			
Elective	Concentration Elective	<u>3-4</u>	Elective	1-2 Concentration Electives	3-6			
		17-18			15-18			
Year 4 - Fall			Year 4 - Spring			Year 4 - Summer		
RLST/PHIL	Elective (Ethics)	3	CORE 407	Keystone Seminar	3			
EXPH 375	Research Methods Exercise Physiology	3	EXPH 320	Biomechanics	3			
EXPH 390	Fitness Programming	2	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			
Elective	Concentration Elective	<u>3-4</u>	EXPH 414/15	Senior Seminar	1			
		15-16	Elective	Concentration Elective	<u>0-4</u>			
					13-17			

Total Credits = 129+

GE = General Education Requirement

GE+ = General Education and ExPhys Requirement

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

**Note: PSYC 321 does not fulfill this requirement

*** LIT requirements are 104 or 201,202,204,207,270

EXPH 398/99 Internship/Practicum in Summer 3rd year, Fall or Spring of 4th year. EPHY students a minimum of 2 internships. PTEX students a minimum of 1 internship

Revised: 7/28/16; 11/8/17; 4/23/18; 12/5/18; 6/10/19

Concentration Electives:

Allied Health/Graduate School Concentration

Choose 1 or 2 courses (4-8 Credits)

- BIOL 214, 4 cr
- BIOL 301, 4 cr
- PHYS 105, 4 cr

Fitness Professionals Concentration

ACCT 101 Required PLUS 2 courses (9 credits total)

- MGMT 101, 3 cr
- MGMT 201, 3 cr
- MKTG 302, 3 cr

(6 additional credits for a business minor)

Physical Therapy 4+3 EXPT Only:

Take all of these (6 credits)

- PTH 101, 1 cr (Fall, So Year)
- PTH 102, 1 cr (Spring, Jr Year)
- PHYS 105, 4 cr (Spring, Jr Year)