

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

<b>Year 1 - Fall</b>			<b>Year 1 – Spring</b>			<b>Year 1 – Summer</b>
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	
<b>EXPH 101</b>	<b>Intro to Exercise Physiology</b>	<b>2</b>	HIST **	Elective	3	
RLST 105	Francis and Global Issues	<u>3</u>	PSYC 101	Intro to Psychology	<u>3</u>	
		<b>16</b>			<b>16</b>	
<b>Year 2 – Fall</b>			<b>Year 2 – Spring</b>			<b>Year 2 – Summer</b>
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	<b>EXPH 305</b>	<b>Exercise Physiology w/lab</b>	<b>4</b>	
MATH 121	Calculus I	3	<b>PSYC 206</b>	<b>Health and Exercise Psychology</b>	<b>3</b>	
PHIL 205	Phil-Reason/Response	<u>3</u>	STAT 205	Statistics	<u>3</u>	
		<b>17</b>			<b>18</b>	
<b>Year 3 - Fall</b>			<b>Year 3 – Spring</b>			<b>Year 3 – Summer</b>
BIOL 405	Biochemistry	4	BIOL 301/401	Genetics or Cell Molecular Biology	4	
EXAM 301	Writing Comp Exam	0	<b>EXPH 360</b>	<b>Exercise Testing &amp; Prescript w/lab</b>	<b>3</b>	
<b>EXPH 250</b>	<b>Functional Anatomy</b>	<b>2</b>	<b>EXPH 396</b>	<b>Internship Guide</b>	<b>0</b>	TAKE MCAT
<b>EXPH 330</b>	<b>Neuro Muscular Strength w/lab</b>	<b>4</b>	<b>EXPH 405</b>	<b>Clinical Exercise Physiology</b>	<b>3</b>	
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>	
		<b>17</b>			<b>17</b>	
<b>Year 4 - Fall</b>			<b>Year 4 - Spring</b>			<b>Year 4 – Summer</b>
<b>EXPH 312</b>	<b>Exercise Across the Lifespan</b>	<b>3</b>	CORE 407	Keystone Seminar	3	
<b>EXPH 375</b>	<b>Research Methods in Exercise Phys</b>	<b>3</b>	<b>EXPH 275</b>	<b>Health and Fitness Programming</b>	<b>2</b>	
<b>EXPH 398/99</b>	<b>Internship/Practicum</b>	<b>2</b>	<b>EXPH 310</b>	<b>Nutrition for Sport &amp; Exercise</b>	<b>3</b>	
<b>EXPH 412</b>	<b>Organization &amp; Administration</b>	<b>2</b>	<b>EXPH 320</b>	<b>Biomechanics</b>	<b>3</b>	
RLST/PHIL	Elective	3	<b>EXPH 398/99</b>	<b>Internship/Practicum</b>	<b>2</b>	
SocScience II	Econ, PolSci, Soc or Psych	<u>3</u>	<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>16</b>			<b>18</b>	

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; 5/20/2021