

BACHELOR OF SCIENCE EXERCISE SCIENCE



THOMAS MORE
UNIVERSITY

2021 – 2022 Degree Requirements Checklist

CORE CURRICULUM REQUIREMENTS*	CREDIT HOURS
FIRST YEAR SEMINAR	1
<input type="checkbox"/> FYE 150, First Year Exploration	
ENGLISH	6
<input type="checkbox"/> ENG 150, Literature, Writing and Research	
<input type="checkbox"/> ENG 200+: _____	
MATHEMATICS	3
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
SOCIAL SCIENCE	6
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
COMMUNICATION	3
<input type="checkbox"/> _____	
HISTORY	6
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
FOREIGN LANGUAGE (two semesters in same language)	3-6
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
NATURAL SCIENCE	6-7
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
PHILOSOPHY	6
<input checked="" type="checkbox"/> Fulfilled within the major requirements	
<input type="checkbox"/> _____	
FINE ARTS (Art, Music, Theatre or Creative Writing courses)	5-6
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
THEOLOGY	6
<input type="checkbox"/> Systematic Theology course: _____	
<input type="checkbox"/> Sacred Scripture course: _____	
SENIOR THEOLOGY	3
<input type="checkbox"/> _____	
TOTAL HOURS OF CORE REQUIREMENTS	56-61

MAJOR CORE REQUIREMENTS	CREDIT HOURS
EXERCISE SCIENCE	46
<input type="checkbox"/> EXS 105, Foundations of Exercise Science	
<input type="checkbox"/> EXS 150, Principles of Health and Wellness	
<input type="checkbox"/> EXS 220, Foundations of Sports Nutrition	
<input type="checkbox"/> EXS 224, Sports Nutrition	
<input type="checkbox"/> EXS 250, Kinesiology	
<input type="checkbox"/> EXS 320, Biomechanics	
<input type="checkbox"/> EXS 330, Sports Pharmacology	
<input type="checkbox"/> EXS 350, Techniques in Strength and Conditioning	
<input type="checkbox"/> EXS 400, Special Topics in Exercise Science	
<input type="checkbox"/> EXS 430, Exercise Physiology	
<input type="checkbox"/> EXS 460, Exercise Prescription	
<input type="checkbox"/> EXS 480, Research Methods	
<input type="checkbox"/> EXS 490, Practicum I	
<input type="checkbox"/> EXS 491, Practicum II	
CHEMISTRY	8
<input type="checkbox"/> CHE 111/111L, General Chemistry I with Lab	
<input type="checkbox"/> CHE 113/113L, General Chemistry II with Lab	
BIOLOGY	8
<input type="checkbox"/> BIO 211/211L, Anatomy and Physiology I with Lab	
<input type="checkbox"/> BIO 212/212L, Anatomy and Physiology II with Lab	
MATHEMATICS	3
<input type="checkbox"/> MAT 205 or 208, Introductory Statistics	
PHYSICS	4
<input type="checkbox"/> PHY 121/121L, Elements of Physics I with Lab	
SUPPORTING COURSES	12
<input type="checkbox"/> CEH 110, Exploring Identity: CEHS Diversity Series I	
<input type="checkbox"/> CEH 210, Exploring Diversity: CEHS Diversity Series II	
<input type="checkbox"/> CEH 310, Exploring Justice: CEHS Diversity Series III	
<input type="checkbox"/> CEH 410, Taking Action: CEHS Diversity Series IV	
<input type="checkbox"/> LAW 105, Introduction to Law	
<input type="checkbox"/> PHI 214, Sports and Ethics	
EXPERIENTIAL LEARNING	-
<input checked="" type="checkbox"/> EXS 490, Practicum I *	
<input checked="" type="checkbox"/> EXS 491, Practicum II *	
TOTAL HOURS OF EXERCISE SCIENCE CORE	81
TOTAL HOURS REQUIRED FOR ANY BACHELOR DEGREE	
Students admitted during or after Fall 2017	120
Students admitted before Fall 2017	128

*Please reference the 2021 Core column on the Schedule of Classes for core options