

BACHELOR OF SCIENCE

EXERCISE AND HEALTH STRATEGIES



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 checked="" type="checkbox"/> Fulfilled within the major requirements	
<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
COLLEGE OF HEALTH SCIENCES DIVERSITY SERIES	6
<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	

MAJOR CORE REQUIREMENTS	CREDIT HOURS
EXERCISE SCIENCE	44
<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 260, Motor Learning and Behavior	
<input type="checkbox"/> EXS 310, Principles of Biomechanics	
<input type="checkbox"/> EXS 350, Techniques in Strength and Conditioning	
<input type="checkbox"/> EXS 380, Exercise Adaptations for Fitness Professionals	
<input type="checkbox"/> EXS 400, Special Topics in Exercise Science	
<input type="checkbox"/> EXS 460, Exercise Prescription	
<input type="checkbox"/> EXS 490, Practicum I	
<input type="checkbox"/> EXS 491, Practicum II	
CHEMISTRY	8
<input type="checkbox"/> CHE 103/103L, Basic Chemistry I with Lab	
<input type="checkbox"/> CHE 104/104L, Basic Chemistry II with Lab	
SUPPORT COURSES	15
<input type="checkbox"/> CIS 111, Introduction to Computer Information Systems	
<input type="checkbox"/> NSB 209A, Biology of the Human	
<input type="checkbox"/> PHI 214, Sports & Ethics	
<input type="checkbox"/> PSY 105, General Psychology	
<input type="checkbox"/> PSY 201/MAT 208, Statistics for the Behavioral Sciences	
CONCENTRATION (9 credit hours in one area, one course must be 300-level or above)	9
Business	
<input type="checkbox"/> BUA 105, Introduction to Business	
<input type="checkbox"/> BUA 207, Small Business Management	
<input type="checkbox"/> BUA 291, Business Law I	
<input type="checkbox"/> BUA 301, Organization and Management	
<input type="checkbox"/> SEM 380, Legal Issues in Sports and Entertainment Mktg	
Personal Health	
<input type="checkbox"/> PSY 205, Social Psychology	
<input type="checkbox"/> PSY 209, Workplace Psychology	
<input type="checkbox"/> PSY 214, Lifespan Development	
<input type="checkbox"/> PSY 311, Motivation	
Community Health	
<input type="checkbox"/> NSB 255B, Introduction to Public Health	
<input type="checkbox"/> POS 206, State and Local Government	
<input type="checkbox"/> POS 215, Introduction to Public Administration	
<input type="checkbox"/> POS 370, Understanding Public Policy	
<input type="checkbox"/> SOC 215, Social Psychology	
<input type="checkbox"/> SOC 216, Class, Race and Gender	
<input type="checkbox"/> SOC 217, Social Problems	
<input type="checkbox"/> SOC 304, Substance Abuse	
Information Systems	
<input type="checkbox"/> CIS 111, Introduction to Computer Information Systems – OR – CIS 113, Computer Applications and Hardware	
<input type="checkbox"/> CIS 240, Introduction to Web Page Design	
<input type="checkbox"/> MIS 320, Database Management Systems	
<input type="checkbox"/> MIS 405, IT Project Management	
<input type="checkbox"/> MIS 450, Business Intelligence	
Sports Administration	
<input type="checkbox"/> EXS 205, Foundations of Sports Management	
<input type="checkbox"/> EXS 301, Sports Public Relations	
<input type="checkbox"/> EXS 305, Sport Venue Management	
Orthopedic Technology	
<input type="checkbox"/> EXS 210, Ortho Skeletal Anat & Radiology for Ortho Tech	
<input type="checkbox"/> EXS 215, Ortho Casting Techniques for Ortho Tech	
<input type="checkbox"/> EXS 315, Advanced Treatment of Fractures	
EXPERIENTIAL LEARNING	-
<input checked="" type="checkbox"/> EXS 490, Practicum I AND EXS 491, Practicum II	
TOTAL HOURS OF EXERCISE AND HEALTH STRATEGIES CORE	82

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

TOTAL HOURS REQUIRED FOR ANY BACHELOR DEGREE

Students admitted during or after Fall 2017	120
Students admitted before Fall 2017	128