

THE UNIVERSITY OF PUGET SOUND

2023-2024 CURRICULUM GUIDE

EXERCISE SCIENCE

DEGREE: BS

CONTACT PERSON: JUNG KIM

A SUGGESTED four-year program:

<i>Fall Semester Classes</i>		<i>Spring Semester Classes</i>	
Freshman	Units		Units
SSI 1	1	SSI 2	1
CHEM 110 (NS Core)	1	BIOL 111 (NS Core)	1
MATH 160 ³ (MA core)	1	Approaches core or Elective	1
FL (if needed) or Elective	1	FL (if needed) or Elective	1
Sophomore	Units		Units
PHYS 111	1	EXSC 221	1
EXSC 200 or Elective	1	EXSC 200 or Elective	1
EXSC 222 ⁴	1	Approaches core or Elective	1
Approaches core or Elective	1	Elective	1
Junior	Units		Units
EXSC unit A ⁵	1	EXSC unit A ⁵	1
EXSC unit A ⁵	1	EXSC unit A ⁵	1
Approaches core	1	Approaches core	1
Elective	1	Elective	1
Senior	Units		Units
EXSC unit B ⁶ or Elective	1	EXSC unit B ⁶ or Elective	1
CN core ⁷	1	Elective	1
EXSC 450 or Elective	1	EXSC 450 or Elective	1
Elective	1	Elective	1

Fulfillment of the Experiential Learning* requirement and min. of 32 units required to graduate

Notes:

***Refer to the Bulletin for details on how to meet the Experiential Learning Requirement.**

- 1)BIOL 111 is a prerequisite for EXSC 222 and 221. This course also satisfies the Natural Science core requirement.
- 2)CHEM 110 and EXSC 222 are prerequisites for EXSC 221. CHEM 110 is offered in the fall; satisfies the Natural Science core.
- 3)MATH 160 (or permission of instructor) is a prerequisite for EXSC 200.
- 4)EXSC 222 is a prerequisite for EXSC 221.
- 5)EXSC Unit A courses include: EXSC 301, 328, 329, and *336. *PHYS 111 is a prerequisite for EXSC 336.
- 6)EXSC Unit B course: One unit at the 300-level or higher in Exercise Science that is not counted toward the major in another capacity.
- 7)Of the three units of upper division coursework required outside the first major, the Connections course will count for one unless it is used to meet a major requirement.

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COURSE CHECKLIST

DEPARTMENT: EXERCISE SCIENCE BS

CORE CURRICULUM REQUIREMENTS (min. D- letter grade)

COURSE	Units	Complete
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Argument and Inquiry: Seminar in Scholarly Inquiry 1 and Seminar in Scholarly Inquiry 2 (SSI 1 and SSI 2)

SSI 1		<input type="checkbox"/>
SSI 2		<input type="checkbox"/>

Five Approaches to Knowing:

1) Artistic		<input type="checkbox"/>
2) Humanistic		<input type="checkbox"/>
3) Mathematical (MATH 160)		<input type="checkbox"/>
4) Natural Scientific (BIOL 111, CHEM 110)		<input type="checkbox"/>
5) Social Scientific		<input type="checkbox"/>

*Connections (one unit)		<input type="checkbox"/>
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GRADUATION REQUIREMENTS (min. D- letter grade)

Language Requirement (Complete ONE option):

1) Two courses approved for the Language requirement	<input type="checkbox"/>
2) One approved Language course if either of the following are true: A. Scored 4 or 5 on AP foreign language exam OR 5, 6, or 7 on IB higher level language exam B. Heritage Learner: non-English language spoken at home; bilingual to some degree.	<input type="checkbox"/>
3) High School diploma is from school where primary language of instruction was not in English	<input type="checkbox"/>

Experiential Learning Requirement (EXLN): Four options; See Advisor for details.	<input type="checkbox"/>
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KNOWledge, Identity, and Power Requirement: One course. See Bulletin for details. Course may also fulfill other program/graduation requirements.

KNOW Course	<input type="checkbox"/>
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Upper Division Level Requirement: Three units outside the department of the first major; 300+ courses or 200+ courses **with at least two pre requisites.**

*Upper Div #1	<input type="checkbox"/>
Upper Div #2	<input type="checkbox"/>
Upper Div #3	<input type="checkbox"/>

NOTES:

*Of the three units of upper division coursework required outside the first major, the Connections course will count for one unless it is used to meet a major requirement.

1) EXSC 222 is a prerequisite to EXSC 221.

2) BIOL 111 is a prerequisite for EXSC 221 and 222.

3) CHEM 110 is a prerequisite for EXSC 221.

4) MATH 160 (or permission of instructor) is a prerequisite for EXSC 200.

#PHYS 111 is a prerequisite for EXSC 336.

##One unit at the 300 level or higher in Exercise Science that is not counted toward the major in another capacity.

A grade of C or higher must be earned in BIOL 111, CHEM 110, MATH 160 and PHYS 111.

A grade of C or higher must be earned in each of the following: EXSC 200, 221, and 222. The Exercise Science Department reserves the option of excluding courses more than 10 years old from applying to a major or minor.

MAJOR REQUIREMENTS (13 units; min. letter grade varies; see notes for details)

COURSE	Units	Complete
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EXSC 200	1	<input type="checkbox"/>
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EXSC 222 ¹	1	<input type="checkbox"/>
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EXSC 221	1	<input type="checkbox"/>
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BIOL 111 ²	1	<input type="checkbox"/>
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CHEM 110	1	<input type="checkbox"/>
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MATH 160 ⁴	1	<input type="checkbox"/>
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PHYS 111#	1	<input type="checkbox"/>
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Each of the following:

EXSC 301	1	<input type="checkbox"/>
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EXSC 328	1	<input type="checkbox"/>
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EXSC 329	1	<input type="checkbox"/>
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EXSC 336	1	<input type="checkbox"/>
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One 300+ level EXSC unit##:

1.	1	<input type="checkbox"/>
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EXSC 450 Senior Capstone	1	<input type="checkbox"/>
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THIS FORM IS NOT AN OFFICIAL GRADUATION ANALYSIS