

EXERCISE SCIENCE MAJOR WITH CONCENTRATION IN CLINICAL PRACTICE, REHABILITATION, AND THERAPY

Major Requirements

The requirements for a major in exercise science with concentration in clinical practice, rehabilitation, and therapy (CPRT) are 64-68 credits:

Code	Title	Hours
Exercise Science Courses		
EXS 245	Introduction to Exercise Science	2
EXS 350	Physiology of Exercise	4
EXS 360	Health Promotion Programming and Evaluation	4
EXS 365	Testing and Prescription in Exercise Science	4
EXS 370	Strength and Conditioning Programming & Management	2
EXS 371	Resistance Training Techniques	2
EXS 465	Research Methods and Testing in Exercise Science	4
EXS 467	Biomechanics of Human Motion	4
EXS 489	Pre-Practicum Seminar	0
EXS 490	Practicum in Exercise Science	4
FND 321	Nutrition	4
PED 252	Prevention and Care of Sport-Related Injuries	2
BIOL 121	Cell Biology	4
BIOL 122	Evolution and Diversity	4
CHEM 127	General Chemistry I	4
MATH 205	Introduction to Statistics	4
	or PSYC 230 Statistics and Psychology Measurement	
PHYS 111	General College Physics I	4
PSYC 111	Introductory Psychology	4
Select one of the following:		4-8
BIOL 306	Human Anatomy and Physiology	
BIOL 411 & BIOL 412	Integrated Vertebrate Anatomy and Physiology I and Integrated Vertebrate Anatomy and Physiology II	
Total Hours		64-68

An overall GPA of 3.0 or better is required for the CPRT concentration of the Exercise Science major. A grade of "C" or better is required for all courses in the major and the CPRT concentration.

The following courses are recommended for students in the CPRT concentration but not required. These recommended courses are not required for the exercise science major but could be prerequisite courses required by professional or graduate programs depending on the student's preferred professional path – some professional and graduate programs require them, while others do not. All exercise science majors should refer to the health professions (<https://catalog.concordiacollege.edu/pre-professional-programs/health-professions/>) section of the course catalog for all supporting courses

specific to the indicated preprofessional preparation program and work with health professions advisors.

Code	Title	Hours
CHEM 128	General Chemistry II	4
GRS 399	Medical and Scientific Terminology	2
PHYS 112	General College Physics II	4
PSYC 206	Developmental Psychology	4
PSYC 357	Abnormal Psychology	4

Degree and Graduation Requirements

In addition to the program-specific requirements listed above, all students must complete the graduation requirements specified for their degree. See the Degree and Graduation Requirements (<https://catalog.concordiacollege.edu/undergraduate-academic-community/degree-graduation-requirements/>) section for more information.

Suggested Four-Year Plan

The four-year plan detailed below is a suggested coursework sequence. This plan may need to be adapted based on course offerings as well as individual student circumstances, such as transfer credit and study away experiences.

Course	Title	Hours
First Year		
Fall		
Inquiry Seminar ¹		4
IOC 100	Inquiry: Oral Communication (or IWC) ¹	4
World Language I ¹		4
BIOL 121	Cell Biology ^{1,2}	4
PED 111	Wellness ¹	1
		Hours
		17
Spring		
PSYC 111	Introductory Psychology ^{1,2}	4
IWC 100	Inquiry Written Communication (or IOC) ¹	4
World Language II ¹		4
BIOL 122	Evolution and Diversity ²	4
		Hours
		16
Second Year		
Fall		
EXS 245	Introduction to Exercise Science ²	2
MATH 205	Introduction to Statistics ¹	4
CHEM 127	General Chemistry I ²	4
PSYC 206	Developmental Psychology (or Elective) ³	4
REL 200	Christianity and Religious Diversity ²	4
		Hours
		18
Spring		
CHEM 128	General Chemistry II (or Elective) ³	4
PED 252	Prevention and Care of Sport-Related Injuries ²	2
FND 321	Nutrition ^{1,2}	4
GRS 399	Medical and Scientific Terminology (or Elective) ³	2
Humanities (H) or Arts (A) ¹		4
		Hours
		16
Third Year		
Fall		
EXS 350	Physiology of Exercise ²	4
EXS 360	Health Promotion Programming and Evaluation ²	4
BIOL 411	Integrated Vertebrate Anatomy and Physiology I ²	4
PHYS 111	General College Physics I ²	4
		Hours
		16

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Spring		
EXS 365	Testing and Prescription in Exercise Science ²	4
BIOL 412	Integrated Vertebrate Anatomy and Physiology II ²	4
PHYS 112	General College Physics II (or Elective) ³	4
PSYC 357	Abnormal Psychology (or Elective) ³	4
Hours		16
Fourth Year		
Fall		
EXS 370	Strength and Conditioning Programming & Management ²	2
EXS 371	Resistance Training Techniques ²	2
EXS 465	Research Methods and Testing in Exercise Science ²	4
EXS 489	Pre-Practicum Seminar ²	0
Global (G) ¹		4
Cultural Diversity (U) ¹		4
Hours		16
Spring		
EXS 467	Biomechanics of Human Motion ²	4
EXS 490	Practicum in Exercise Science (PEAK) ^{1,2}	4
2nd Humanities (H) or Arts (A) ¹		4
REL 300	May Seminar ¹	4
Hours		16
Total Hours		131

¹ denotes Core Curriculum courses

² denotes Exercise Science: Clinical Practice, Rehabilitation and Therapy major required courses

³ denotes courses that are recommended for CPRT students but are not required for the Exercise Science major but could be prerequisite courses required by professional and/or graduate programs

An overall GPA of 3.0 or better is recommended for this concentration in the major.

A grade of "C" or better for all courses is required for this concentration in the major.

It is strongly suggested that students examine prerequisite requirements for specific professional and/or graduate schools.