

# Grove City College Status Sheet

Status Sheets are provided as a convenience for the student and may be helpful for recording completed courses. However, the College Bulletin is the controlling authority on all requirements. Questions should be directed to your academic advisor or the Registrar.

(W)=Writing Intensive, (SI)=Speaking Intensive, (IL)=Information Literacy courses.

## B.S. in Exercise Science Entering in 2026

(REVISED 03-16-2026)

Name: \_\_\_\_\_

ID# \_\_\_\_\_

Year of Anticipated Graduation: \_\_\_\_\_

Date: \_\_\_\_\_

Advisor: \_\_\_\_\_

**TOTAL HOURS REQUIRED FOR THIS DEGREE----- 128 HOURS**

**General Education + Elective Requirements-----33-36 HOURS**

**GENERAL EDUCATION REQUIREMENTS----- 26 HOURS**

**HUMANITIES CORE----- 18 HOURS**

	Cr.	Sem. Taken	Grade
HUMA 100 The Humanities: Christian Wisdom	1	_____	_____
HUMA 200 Western Civilization	3	_____	_____
HUMA 202 Civilization and Literature	3	_____	_____
HUMA 204 Civilization and the Arts	3	_____	_____
HUMA 261 Scripture & Theology for the Chr. Life I	3	_____	_____
HUMA 271 Scripture & Theology for the Chr. Life II	3	_____	_____
HUMA 300 Gospel & the Good Life: Christian Ethics	2	_____	_____

**WRITING REQUIREMENT----- 3 HOURS**

WRIT 101 Found. of Academic Discourse (W/IL)	3	_____	_____
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**FOUNDATIONS OF THE SOCIAL SCIENCES\*----- 3 HOURS**

Choose one course from the following:

ECON 120 Foundations of Economics	PSYC 101 Foundations of Psychology	PSYC 200 Cross-Cultural Psychology
HIST 120 Foundations of History	SOCW 101 Foundations of Social Work	
HIST 204 Historical & Phil. Found. of Education	SOCI 101 Foundations of Sociology	
POLS 101 Foundations of Political Science	SOCI 103 Found. of Cultural Anthr.	
	3	_____

**NATURAL SCIENCE (with lab)/ QUANTITATIVE/LOGICAL REASONING---- 0 HOURS**

- (1) Natural Science with lab 4 (Met through major)
- (2) Quantitative/Logical Reasoning 3-4 (Met through major)
- (3) Third course in Natural Science, Quantitative or Logical Reasoning 3-4 (Met through major)

**STUDIES IN SCIENCE, FAITH, & TECHNOLOGY ----- 2 HOURS**

Choose one course from the following:

COMP 205/SSFT 205 Ethics, Faith, and the Conscious Mind		
PHIL 243 Science and the Human: Inquiry, Design, & the Person		
SSFT 212 Science, Faith, Technology, & Origins	2	_____

**GENERAL ELECTIVES----- 7-10 HOURS**

_____	_____	_____
_____	_____	_____
_____	_____	_____

**MAJOR-RELATED REQUIREMENTS----- 18-19 HOURS**

BIOL 101 General Biology I	4	_____	_____
CHEM 111 General Chemistry I	3	_____	_____
CHEM 113 General Chemistry I Lab	1	_____	_____
MATH 111 Pre-Calculus <b>OR</b> MATH 161 Calculus I	3 - 4	_____	_____
PHYS 121 College Physics I	4	_____	_____
PSYC 201 Statistical Methods	3	_____	_____

**Minimum CQPA and MQPA required for graduation-----CQPA: 2.00; MQPA: 2.50**

**MQPA Courses-----EXER**

**Major Requirements-----92-95 HOURS**

**EXERCISE SCIENCE CORE REQUIREMENTS----- 59 HOURS**

	Cr.	Sem. Taken	Grade
EXER 101 Introduction to Exercise Science	2	_____	_____
EXER 203 Exercise and Sport Psychology	3	_____	_____
EXER 230 Introduction to Exercise Program Design	3	_____	_____
EXER 244 Nutrition and Health	3	_____	_____
EXER 253 Anatomy & Physiology I	4	_____	_____
EXER 254 Nutrition in Sports and Exercise	3	_____	_____
EXER 256 Physiology of Exercise	4	_____	_____
EXER 258 Anatomy & Physiology II	4	_____	_____
EXER 304 Exercise Testing	3	_____	_____
EXER 306* Exercise Leadership	2	_____	_____
EXER 307 Exercise Prescription (SI)	3	_____	_____
EXER 309 Biomechanics	3	_____	_____
EXER 310 Functional Kinesiology	3	_____	_____
EXER 312 Diet, Exercise, and Chronic Disease	3	_____	_____
EXER 313 Advanced Exercise Physiology	3	_____	_____
EXER 377 Research Methods in Exercise Science (W/IL)	3	_____	_____
EXER 404* Professional Certification and Seminar	1	_____	_____
EXER 407 Research Practicum	4	_____	_____
EXER 480* Internship	5	_____	_____

**EXERCISE SCIENCE ELECTIVES----- 15-17 HOURS**

Choose 15 hours from the following Exercise Science electives listed below or choose to complete one of the following concentrations:

**Athletic Training** (16 hrs): EXER 215, 237, 249, 251, 261, & three additional hours from the courses listed below.

**Coaching** (15 hrs): EXER 201, 205, 251, 305, MNGT 213, & three additional hours from the courses listed below.

**Personal Training** (16 hrs): EXER 202, 221, 240, 261, 402, & three additional hours from the courses listed below.

**Pre-Occupational Therapy** (16-17hrs): PSYC 209, 211, SOCI 101, EXER 215, 250, & one of BIOL 102 or PSYC 312.

**Pre-Physical Therapy** (16 hrs): BIOL 102, CHEM 112 and 114, PHYS 122, EXER 250, & one of PSYC 209 or 211.

**Strength & Conditioning** (15 hrs): EXER 221, 240, 261, 403, & three additional hours from the courses listed below.

EXER 134 Introduction to Nutrition	EXER 249 Introduction to Athletic Training
EXER 201 Ethics in Sports	EXER 250 Introduction to PT and OT
EXER 202 Lifting Techniques	EXER 251 Prevention and Care of Injuries
EXER 205 Introduction to Sports Ministry	EXER 261 Corrective Exercise Strategies
EXER 215 Medical Terminology	EXER 305 Basic Principles of Coaching
EXER 221 Personal Training	EXER 308 Tactical Strength and Conditioning
EXER 235 Facility Management	EXER 344 Life Cycle Nutrition
EXER 237 Special Topics in Exercise Science	EXER 402 Certified Exercise Physiologist
EXER 240 Dietary Supplements	EXER 403 Prin. of Strength and Conditioning

\* An additional fee is required for EXER 223, 306, 404, and 480.

**SAMPLE FOUR-YEAR PLAN for the  
BACHELOR OF SCIENCE IN  
EXERCISE SCIENCE**

**Freshman Year**

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 101 Introduction to Exercise Science.....	2	Exercise Science Elective.....	3
Exercise Science Elective or Writing Requirement.....	3	MATH 111 Pre-calculus.....	3
BIOL 101 General Biology I.....	4	Foundations of Social Science Course.....	3
CHEM 111 General Chemistry I.....	3	Exercise Science Elective or Writing Requirement.....	3
CHEM 113 General Chemistry I Lab.....	1	PSYC 201 Statistical Methods.....	<u>3</u>
HUMA 100 The Humanities: Christian Wisdom.....	<u>1</u>		15
	14		

**Sophomore Year**

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 230 Introduction to Exercise Program Design.....	3	EXER 256 Physiology of Exercise.....	4
EXER 244 Nutrition and Health.....	3	EXER 258 Anatomy & Physiology II.....	4
EXER 253 Anatomy & Physiology I.....	4	EXER 306 Exercise Leadership.....	2
HUMA Course.....	3	Exercise Science Elective.....	3
General Elective.....	<u>3</u>	HUMA Course.....	<u>3</u>
	16		16

**Junior Year**

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 307 Exercise Prescription.....	3	Exercise Science Elective.....	3
EXER 377 Research Methods in Exercise Science.....	3	EXER 310 Functional Kinesiology.....	3
EXER 304 Exercise Testing.....	3	EXER 407 Research Practicum.....	4
PHYS 121 College Physics I.....	4	HUMA Course.....	3
SSFT Course.....	<u>2</u>	EXER 203 Exercise and Sport Psychology.....	<u>3</u>
	15		16

**Summer**

EXER 480 Internship.....5 hours

**Senior Year**

<u>Fall</u>	<u>Credits</u>	<u>Spring</u>	<u>Credits</u>
EXER 254 Nutrition in Sport and Exercise.....	3	EXER 312 Diet, Exercise, and Chronic Disease.....	3
EXER 309 Biomechanics.....	3	EXER 313 Advanced Exercise Physiology.....	3
EXER 404 Professional Certification and Seminar.....	1	Exercise Science Elective or General Elective.....	3
Exercise Science Elective (e.g., EXER 402 or 403).....	3	HUMA 300 Gospel and the Good Life: Christian Ethics.....	2
HUMA Course.....	3	General Elective.....	<u>4</u>
HUMA Course.....	<u>3</u>		15
	16		

A total of at least 128 credits of coursework are required for graduation.