

EXERCISE SCIENCE (B.S., ALLIED HEALTH OPTION)

Integrative Studies Requirements

40 credits minimum

Code	Title	Credits	Completed
Major Requirements (68 credits)			
<i>Allied Requirements:</i>			
MATH-141	Introductory Statistics	4	_____
INCHEM-111	General Chemistry	4	_____
ISHLSC-285	Health in Society	4	_____
<i>And</i>			
BIO-230	Human Anat & Phys I	4	_____
BIO-332	Human Anat & Phys II	4	_____
<i>Competency Requirement for Exercise Science</i>			
All students majoring in Exercise Science are required to be certified in Standard First Aid and CPR/AED for courses marked with a ¹ .			
Exercise Science Core Requirements			
HPEX-250	Intro to Exercise Science	4	_____
HP-300	Applied Kinesiology	4	_____
HP-301	Physiology of Exercise	4	_____
HPEX-332	Exer Test & Program ¹	4	_____
HPEX-335	Adv Strength & Conditioning ¹	4	_____
HP-344	Sports Nutrition	4	_____
HPEX-372	Prac: Exercise Leadership ^{1,2}	4	_____
HPEX-492	Exercise Science Seminar ²	4	_____
<i>Allied Health Option Requirements</i>			
IIHP-352	Exercise Psychology	4	_____
HP-340	Epidemiology of PA	4	_____
HP-341	Pathology, Pharm & Exercise	4	_____
HP-460	Research Methods in Human Movt	4	_____

**Allied Health Option Students interested in health professions will be advised to take open elective courses that fulfill graduate school prerequisites.

Total Credits **68**

¹ Students are required to be certified in Standard First Aid and CPR/AED.

² Enrollment in upper-level practicum coursework: HPEX-372, HP-472, and HPEX-492 requires the following:

- Earned grade of C or better in required Exercise Science courses.

Allied Health Option Pre-Athletic Training Specialization Requirements

In addition to completing the Integrative Studies Program Requirements, students enrolled in the 3+1+1 with Plymouth State University must complete the Exercise Science Allied Health Option as follows:

Code	Title	Credits	Completed
Allied Course Requirements (INCHEM-111, MATH-141, BIO-230, BIO-332, ISHLSC-285)		20	_____
The first five courses in the Core requirements (HPEX-250, HP-300, HP-301, HPEX-332, HPEX-335)		20	_____
Exercise Science-Allied Health Option w/ Pre-Athletic Training Specialization (HP-341, HP-344, IIHP-352, HP-460, HPEX-372, HPEX-492)		24	_____
HP-340	Epidemiology of PA	4	_____
INPHYS-141	College Physics I	4	_____
ISPSYC-101	General Psychology	4	_____
Total Credits		76	_____

Pre-Athletic Training Specialization

Retention in Exercise Science Major Allied Health Option – Pre-Athletic Training Specialization

- Cumulative GPA of 3.2
- Earn a B or better in Exercise Science Allied, Major Core and Major Option coursework.
- Earn a BC or better in the following elective courses that serve as pre-requisites: ISPSYC-101 General Psychology, INPHYS-141 College Physics I, other courses may be added per accreditation updates for professional programs. Students should meet with their academic advisor to ensure degree progression.

Students will need to complete a graduate school application to PSU during their third year. Qualified students will be given special consideration for early admission into the Master of Science degree program in Athletic Training for their 4th and 5th year of study at PSU at the end of the 3rd year of study if the student has earned:

- 40 credits of Integrative Studies¹
- 90 credits toward a Bachelor of Science degree at Keene State College¹
- Minimum cumulative Grade Point Average of 3.2
- Prerequisite courses with required grade minimums¹
- Students will earn a BS degree in Exercise Science Allied Health Option from KSC after successful completion of the fourth year at Plymouth State University and are eligible to walk at commencement at KSC.

¹ Coursework and requirements will overlap and does not equate to an increased academic load in three years.

Electives

HP-472 Externship: Pre-requisite course includes successfully completing a Practicum course within the discipline. Because of the on campus and off campus experiences/placements, students must request through their advisor a desire to enroll in Externship to ensure HPMS faculty secure an externship opportunity. Students enrolling in HP-472 Externship must work with the Externship instructor prior to the semester to find a placement that matches the strengths of the student with the placement site.

Students interested in Physical Therapy, Occupational Therapy, Cardiac Rehabilitation or Athletic Training will be advised to take open elective courses that fulfill graduate school prerequisites.

Electives

Students must select courses to reach a minimum total of 120 credits for the degree.

Degree Requirements

120 credits

40 credits at upper-level