

Exercise Science

Program Requirements

Core Exercise Science Courses

ESCI 101	Foundations of Exercise Science	4.0
ESCI 201	Introduction to Exercise Science	4.0
ESCI 210	Health and Wellness Throughout the Lifespan	4.0
ESCI 315	Concepts & Practices in Inclusive Physical Activity	3.0
ESCI 320	Technological Advancements and Integrations in Exercise Science	3.0
ESCI 330	Physical Growth and Motor Behavior	3.0
ESCI 340	Exercise Physiology II	4.0
ESCI 410	Aging and Exercise	4.0
ESCI 415	Pharmacology & Ergogenic Aids in Exercise Science	3.0
ESCI 420	Wellness and Fitness Program Management	3.0
ESCI 435	Exercise is Medicine: A Campus Experience	4.0
HSCI 325	Exercise Physiology	4.0
HSCI 326	Applied Anatomy and Kinesiology	5.0
HSCI 380	Strength and Conditioning	4.0
HSCI 381	Exercise for Clinical Populations	4.0
HSCI 410	Psychology of Physical Activity	4.0
HSCI 425	Exercise Testing and Prescription	4.0
SCL 210	Prevention and Care of Athletic Injuries	3.0
SMT 285	Sport, Industry, and Society	4.0

General Requirements

CIVC 101	Introduction to Civic Engagement	1.0
COOP 101	Career Management and Professional Development	1.0
UNIV NH101	The Drexel Experience	1.0

Biology Sequence

BIO 131 & BIO 134	Cells and Biomolecules and Cells and Biomolecules Lab	5.0
BIO 132 & BIO 135	Genetics and Evolution and Genetics and Evolution Lab	5.0
BIO 133 & BIO 136	Physiology and Ecology and Anatomy and Ecology Lab	5.0

Chemistry Sequence

CHEM 101	General Chemistry I	3.5
CHEM 102	General Chemistry II	4.5
CHEM 103	General Chemistry III	4.5

English Sequence

ENGL 101 or ENGL 111	Composition and Rhetoric I: Inquiry and Exploratory Research English Composition I	3.0
ENGL 102 or ENGL 112	Composition and Rhetoric II: Advanced Research and Evidence-Based Writing English Composition II	3.0
ENGL 103 or ENGL 113	Composition and Rhetoric III: Themes and Genres English Composition III	3.0

Mathematics Sequence

MATH 101	Introduction to Analysis I	4.0
MATH 102	Introduction to Analysis II	4.0

Psychology

PSY 101	General Psychology I	3.0
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Nutrition

NFS 100 & NFS 101	Nutrition, Foods, and Health and Introduction to Nutrition & Food	3.0
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Public Health

PBHL 101	Public Health 101	3.0
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Sociology

SOC 101	Introduction to Sociology	3.0
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Anatomy and Physiology Courses

HSCI 101	Anatomy and Physiology I	5.0
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HSCI 102	Anatomy and Physiology II	5.0
HSCI 103	Anatomy and Physiology III	5.0
Research		
HSCI 310	Introduction to Research Methods	4.0
HSCI 315	Current Issues in Health Sciences	4.0
Physics		
PHYS 152	Introductory Physics I	4.0
Statistics and Assessment		
HSCI 345	Statistics for Health Sciences	4.5
HSCI 201	Health Assessment through the Lifespan	4.0
Free electives		6.0-8.0
Exercise Science Electives (Minimum of 8 credits) #		8.0
Business Electives *		3.0-4.0
Total Credits		183.0-186.0

* Students may complete any of the following: ACCT 110, ACCT 120, FIN 150, BUSN 105, SMT 110.

Students may complete any of the following courses: ESCI 370, HSCI 415, HSCI 420, HSCI 435, NFS 310, NFS 325, PBHL 301, PHYS 153, PHYS 154, PSY 355, SMT 220.

Sample Plan of Study

First Year

Fall	Credits	Winter	Credits	Spring	Credits	Summer	Credits	
BIO 131 & BIO 134	5.0	BIO 132 & BIO 135	5.0	BIO 133 & BIO 136	5.0	VACATION		
CHEM 101	3.5	CHEM 102	4.5	CHEM 103	4.5			
ENGL 101 or 111	3.0	CIVC 101	1.0	ENGL 103 or 113	3.0			
ESCI 101	4.0	ENGL 102 or 112	3.0	MATH 102	4.0			
UNIV NH101	1.0	MATH 101	4.0					
		16.5	17.5	16.5	0			

Second Year

Fall	Credits	Winter	Credits	Spring	Credits	Summer	Credits	
ESCI 210	3.0	COOP 101	1.0	HSCI 103	5.0	HSCI 201	4.0	
HSCI 101	5.0	ESCI 201	4.0	HSCI 345	4.5	SOC 101	3.0	
NFS 100 & NFS 101	3.0	HSCI 102	5.0	PBHL 101	3.0	Business elective	3.0-4.0	
PSY 101	3.0	HSCI 310	4.0	PHYS 152	4.0	Free elective	3.0-4.0	
		14	14	16.5	13-15			

Third Year

Fall	Credits	Winter	Credits	Spring	Credits	Summer	Credits	
COOP EXPERIENCE		COOP EXPERIENCE		ESCI 315	3.0	ESCI 320	3.0	
				HSCI 325	4.0	ESCI 340	4.0	
				SCL 210	3.0	HSCI 381	4.0	
				SMT 285	4.0	Free elective	3.0-4.0	
				Exercise Science Elective	3.0			
		0	0	17	14-15			

Fourth Year

Fall	Credits	Winter	Credits	Spring	Credits	Summer	Credits	
HSCI 315	4.0	ESCI 410	4.0	ESCI 330	3.0			
HSCI 326	5.0	ESCI 415	3.0	ESCI 435	4.0			
HSCI 425	4.0	ESCI 420	3.0	HSCI 410	4.0			

2 Exercise Science

Exercise Science Elective	3.0 HSCI 380	4.0 Exercise Science Elective	3.0
	16	14	14

Total Credits 183-186