

OAKLAND UNIVERSITY
SCHOOL OF HEALTH SCIENCES
Bachelor of Science Degree - Health Sciences Major
Concentration: Exercise Science
2018-19 Major Catalog Checklist

Name: _____ Last 4 Student # _____ Date: _____

REQUIRED COURSES	Credits	Grade
**HS 1000 (101) Careers in Health	1	
*BIO 1200 (111) Biology I	4	
*BIO 2100 (205) Human Anatomy (prereq: BIO 1200 w/ min. grade of 2.0)	4	
*BIO 2101(206) Human Anatomy Lab or BIO 3621(322) Anatomy/Physiology Lab (pre/coreq: BIO 2100 w/ min. 2.0 gpa)	1	
*BIO 2600 (207) Human Physiology or BIO 3620 (321) Physiology (prereq: BIO 1200 w/ min. grade of 2.0)	4	
*PSY 1000 (100) Introductory Psychology	4	
HS 2000 (201) Introduction to Health and Health Behaviors	4	
HS 3000 (302) Community and Public Health (prereq: HS 2000 or instructor permission)	4	
HS 4500 (450) Law, Values and Health Care (prereq: WRT 1060 & senior standing 90+ credits)	4	
WRT 1050 (150) Composition I (prereq: WRT 1020 w/ min. grade of 2.0 or placement by ACT score)	Prerequisite course for WRT 1060	

GENERAL EDUCATION REQUIREMENTS		
Writing Foundations (2.0 minimal grade required) WRT 1060: Composition II	4	
Writing Intensive in General Education (Varies in concentration area. Can double count as Global Perspectives with MGT 1100 (110) – see adviser)	4	
Formal Reasoning (IHM Students need FR if STA 2220 is not completed) Can be satisfied by major: *STA 2220 (225)	4	
Arts	4	
Foreign Language and Culture	4	
Global Perspective	4	
Literature	4	
Natural Science & Technology	Satisfied by major: BIO 1200 (111), CHM 1440 (144) + 1470 (147), PHY 1010 (101) +1100 (110), HS 2000 (201)	
Social Science	Satisfied by major: PSY 1000 (100)	
Western Civilization	4	
Knowledge Applications	Satisfied by major: PHY 1020 (102), WHP 3150 (315)	
Diversity	Satisfied by major: HS 3000 (302)	
Writing Intensive in Major	Satisfied by major: HS 4500 (450)	
Capstone	Satisfied by major: HS 4500 (450)	

All students must complete 40 credits of general education, including at least one course (or three or more credits) from the list of approved courses offered in each of the following 10 areas: Writing Foundations and Formal Reasoning, Arts, Foreign Language and Culture, Global Perspective, Literature, Natural Science and Technology, Social Science, Western Civilization, and Knowledge Applications. Note that courses in these knowledge areas may not double count with each other. Students using this catalog to meet general education requirements may also use any course subsequently approved by the General Education Committee and published in a later catalog to satisfy requirements in a particular area. If a course listed below is removed from lists of approved courses in later catalogs, it may still be used to meet a general education requirement by students following the 2015-2016 catalog until the catalog expires (six years)." <http://catalog.oakland.edu>. *A 2.5 or higher may be required in each prerequisite courses for OU Doctor of Physical Therapy Professional Program.

Exercise Science Concentration	Credit		Grade	
STA 2220(225) Introduction to Statistics or EHS 2250 Basic Statistics for Health Sciences	4			
CHM 1440(144) General Chemistry I & CHM 1470(147) Lab	4	1		
CHM 1450(145) General Chemistry II & CHM 1480(148) Lab	4	1		
PHY 1010(101) Physics I & PHY 1100(110) Lab	4	1		
PHY 1020(102) Physics II & PHY 1110(111) Lab	4	1		
EXS 1000(103) Strength Training & Hlth Enhan	2			
EXS 1100(105) Cardiovascular Fitness Training	2			
EXS 2400(204) Nutrition, Weight Control & EXS	4			
EXS 2700(207) First Aid & CPR	2			
EXS 3010(304) Exercise Physiology	3			
EXS 3015(306) Exercise Physiology Lab	1			
EXS 3020(350) Human Motion Analysis	4			
HS 4410(441) Integrative Holistic Med Prin & Prac	4			
HS 2250 Research Methods in Health Science or PSY 2500(250) Intro to Research Design	4			
PSY 3440(344) Behavior Analysis (preferred) or PSY 3210(321), 3220(322), 3230(323), 3330(330), 3450(345)	4			
EXS 4960(401) Practicum in Exercise Science	5			
<u>MINIMUM OF twelve CREDITS FROM THE FOLLOWING (AT LEAST 6 CREDITS AT 3000-4000 LEVEL AND AT LEAST 4 CREDITS MUST BE CHOSEN FROM EXS COURSES)</u> : AHS 3310(335), 3340(345), 4320(408); CDS 2100(MLS 2100), CDS 4010(HS 4000); CHM 2340(234), 2350(235), 4754(453), 4257(457); EXS 2000(103), 2100(205), 2200(202), 4100(470), 4110(475), 4200(445), 4210(450), 4300(403), 4310(436), 4400(441), 4500(460), 4600(405), 4620(411), 4630(421), 4640(426), 4700(465), 4800(415), 4810(416), 4900(483), 4995(493); **HS 1000(101), 2150 (EXS 2500(215)), 2500(205), 3110(3100), 3120(312), 3130(313), 3200(320), 3210(321), 3220(322), 3230(323), 3240(324), 3245(325), 3260(326), 3350(335), 3400 (WHP 3400(340)), 4010(431), 4100(310), 4150(460), 4350(435), 4410(4410), 4420(451), 4430(WHP 3610(361)), 4440(WHP 3620(362)), 4450(455), 4650(465), 4750, 4900(405), 4930(402); MTH 1441(141), 1554(154); WHP 2110(311), 3170(208), 3250(325), 3500(350), 3600(360), 3700(370), 3800(380), 3850(310), 4000(400), 4030(403), 4100(410), 4200(420), 4310(431), 4320(432), 4400(440), 4600(460) or any other course approved by the program director in writing through approved petition of exception form. Classes under the HS or EXS Rubric that are included in the major requirements (core, elective, or concentration) CANNOT	12			
Students pursuing Concentration in EXS must complete a minimum of 124 credits				