

Exercise Science: Pre-Health Science (B.S.)

2025-2026 catalog

Student Name: _____ **ID Number:** _____

Major Requirements

Students wishing to apply for admission to an accredited Physical Therapy program are advised to take INDI 2220 - Medical Terminology (at St. Catherine), and one of MAT 114 - Precalculus or MAT 145 - Calculus.

Term Completed/Planned	Grade	Credit	Course #	Title
_____	_____	4	HPE104	Components of Fitness Training
_____	_____	2	HPE150	Introduction to Health, Physical Education, and Exercise Science
_____	_____	2	HPE214	Health and Safety Education
_____	_____	4	HPE300	Nutrition for Exercise Science
_____	_____	2	HPE315	Exercise Testing and Prescription
_____	_____	2	HPE321	Motor Learning and Development
_____	_____	4	HPE350 and 350L	Kinesiology
_____	_____	2	HPE357	Research Methods and Measurement in Health, Physical Education, and Exercise Science
_____	_____	2	HPE370 and 370L	Prevention and Care of Athletic Injuries
_____	_____	4	HPE404	Advanced Fitness Training
_____	_____	2	HPE450	Current Health Issues
_____	_____	4	HPE451 and 451L	Physiology of Exercise
_____	_____	2	HPE452	Advanced Biomechanics
_____	_____	4	HPE490	Exercise Science Seminar and Keystone
Complete one (1) of HPE397 or HPE399				
_____	_____	2	HPE397	Internship
_____	_____	4	HPE399	Internship
Supporting Courses				
_____	_____	5	BIO151 and 151L	Introductory Biology
_____	_____	5	BIO152 and 152L	Evolution, Ecology, and Diversity
_____	_____	5	CHM115 and 115L	General Chemistry I
_____	_____	5	CHM116 and 116L	General Chemistry II
_____	_____	5	PHY107 and 107L	College Physics I
_____	_____	5	PHY108 and 108L	College Physics II
_____	_____	4	PSY105	Principles of Psychology
Complete one (1) of PSY215, MAT163, or DST164				
_____	_____	4	PSY215	Research Methods and Statistics I
_____	_____	4	MAT163	Introductory Statistics
_____	_____	4	DST164	Introductory Statistics for STEM
Complete one (1) of PSY203 or PSY262				
_____	_____	4	PSY203	Lifespan Development
_____	_____	4	PSY262	Psychopathology
Complete four (4) credits from HPE115, HPE215, HPE282, HPE240 or INDI2220, MAT114, or MAT145				
_____	_____	2	HPE115	Chemical Dependency Education
_____	_____	4	HPE215	Health and Exercise Psychology
_____	_____	4	HPE382	Sport Psychology
_____	_____	2	HPE240: Medical Terminology or INDI2220: Medical Terminology (St Catherine University)	
_____	_____	4	MAT114	Precalculus
_____	_____	4	MAT145 & 145L	Calculus I
Complete an Anatomy and Physiology two course sequence from the following options:				
<i>Option 1: HPE203 and HPE303</i>				
_____	_____	4	HPE203 and 203L	Human Anatomy and Physiology
_____	_____	4	HPE303 and 303L	Advanced Human Anatomy and Physiology

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Option 2: BIO320 and BIO473

_____	_____	5	BIO320 and 320L: Human Anatomy
_____	_____	5	BIO473 and 473L: Physiology of Humans and Other Animals

Option 3: BIOL2610 and BIO2620 – taught by St Catherine University through ACTC exchange

_____	_____	4	BIOL2610: Human Anatomy and Physiology I
_____	_____	4	BIOL2620: Human Anatomy and Physiology II