

- Minimum 30 of the last 60 credits earned at PennWest.
- Minimum of 30 major credits must be completed at PennWest or a State System (PASSHE) university.
- Minimum Total of 42 Credits in Advanced Coursework.

General Education

Foundations: (12 Credits)

Oral Communication (3 Credits)

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Quantitative Reasoning (3 Credits)

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Technological Literacy (3 Credits)

- ☐ EXSC 1840 Technology Integration in Health & Fitness

Written Communication (3 Credits)

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Discoveries: (27 Credits)

At least two (2) disciplines must be represented within each of the three (3) categories.

Art/Humanities (9 Credits)

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Natural Sciences & Technology (9 Credits)

- ☐ EXSC 1310 App Anat and Phys Exercise Wellness I

- ☐ EXSC 1315 App Anat and Phys Exercise Wellness II

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Social Sciences (9 Credits)

- ☐ SPT 2050 Sport Ethics & Integrity

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Elective/Wellness & Personal Health: (3 Credits)

- ☐ SPT 3000 Peak Performance in Sport

Competencies:

Applied Methodologies

- ☐ EXSC 3350 Exercise Physiology

Ethical Reasoning

- ☐ SPT 2050 Sport Ethics & Integrity

Information Literacy

☐ _____

Intercultural Fluency

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Keystone Experience

- ☐ EXSC 4952 Internship

Quantitative Applications

- ☐ EXSC 3314 Kinesiology

Writing Intensive - Two (2) courses are required

- ☐ EXSC 3314 Kinesiology

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Program Requirements

Required Major Courses: (6 Credits)

- ☐ EXSC 3314 Kinesiology

- ☐ EXSC 3350 Exercise Physiology

Required Concentration Courses: (54 Credits)

- ☐ CHEM 2680 Nutritional Science

- ☐ EXSC 1100 Introduction to Fitness

- ☐ EXSC 2260 Sports Nutrition

- ☐ EXSC 2323 Introduction to Strength and Conditioning

- ☐ EXSC 3105 Motivation in Wellness & Fitness

- ☐ EXSC 3150 Fitness for Special Populations

- ☐ EXSC 3202 Nutrition and Fitness Seminar

- ☐ EXSC 3233 Fitness for Wellness

- ☐ EXSC 3234 Food, Fitness Weight Management

- ☐ EXSC 3240 Nutrition Education

- ☐ EXSC 4120 Trends and Issues in Fitness

- ☐ EXSC 4206 Athletic Injury: Prevention, Recognition, Evaluation

- ☐ EXSC 4210 Nutrition II

- ☐ EXSC 4225 Nutrition Assessment & Counseling

- ☐ EXSC 4226 Nutrition through the Life-cycle

- ☐ EXSC 4231 Fitness Assessment & Prescription

- ☐ EXSC 4952 Internship

- ☐ SPT 4235 Risk Management for Sports

Free Electives: (18 Credits)

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Suggested Four Year Course Sequence

Year 1

Fall Semester

CHEM 2680 Nutritional Science
EXSC 1100 Introduction to Fitness
EXSC 1840 Technology Integration in Health & Fitness
General Education Courses (6 credits)

Spring Semester

SPT 2050 Sport Ethics & Integrity
SPT 3000 Peak Performance in Sport
EXSC 2260 Sports Nutrition
EXSC 2323 Introduction to Strength & Conditioning
General Education Course (3 credits)

Year 3

Fall Semester

EXSC 3314 Kinesiology
EXSC 4226 Nutrition through the Life-Cycle
General Education Courses (9 credits)

Spring Semester

EXSC 3350 Exercise Physiology
EXSC 4206 Athletic Injury: Prevention, Recognition, Evaluation
EXSC 4210 Nutrition II
SPT 4235 Risk Management for Sports
General Education Course (3 credits)

Year 2

Fall Semester

EXSC 1310 App. Anatomy & Physiology Exercise Wellness I
EXSC 3202 Nutrition and Fitness Seminar
EXSC 3234 Foot, Fitness Weight Management
EXSC 3240 Nutrition Education
General Education Course (3 credits)

Spring Semester

EXSC 1315 App. Anatomy & Physiology Exercise Wellness II
EXSC 3105 Motivation In Wellness & Fitness
EXSC 4225 Nutrition Assessment & Counseling
EXSC 3233 Fitness for Wellness
General Education Course (3 credits)

Year 4

Fall Semester

EXSC 3150 Fitness for Special Populations
EXSC 4120 Trends & Issues in Fitness
General Education Courses (9 credits)

Spring Semester

EXSC 4231 Fitness Assessment & Prescription
EXSC 4952 Internship (3 credits)
General Education Courses (9 credits)

