



## College of Health Sciences and Human Services

Department of Applied Health Sciences

**MURRAY STATE UNIVERSITY**



## PRE-HEALTH PROFESSIONAL TRACK

### What is the Pre-Health Professional Track?

Health care professionals are in high demand nationwide, providing services to optimize individual health, improve movement and function, and assist those limited by physical injury, illness, developmental or learning impairments, psychosocial dysfunction, and aging. Students choosing to pursue graduate programs in occupational therapy, physical therapy, physician assistant, or other health-related fields should consider the Exercise Science Pre-Health Professional Track. The Pre-Health Professional Track allows the student to complete the EXS core course requirements and the prerequisite coursework required for their intended field but *does not guarantee admission to a professional program*.

### Why Here?

Murray State's Exercise Science (EXS) program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) upon the recommendation of the Committee on Accreditation for the Exercise Sciences (CoAES). This accreditation assures the EXS curriculum covers knowledge, skills and abilities necessary to work in various areas related to exercise science. The program provides students in the Pre-Health Professional Track an undergraduate degree that prepares them for careers in the exercise science field upon graduation from MSU.

### Want to Know More?

Department of Applied Health Sciences  
408-B Applied Science North  
Murray State University  
Murray, KY 42071  
270.809.5742

Updated: 03/2013

# Exercise Science/ Pre-Health Professional Track

Bachelor of Science Degree

CIP 31.0505

2013-2014

## University Studies Requirements .....47 hrs

### *Oral and Written Communication:*

ENG 105 Critical Reading, Writing, and Inquiry

COM 161 Public Speaking

### *Scientific Inquiry, Methodologies and Quantitative Skills:*

BIO 101 Biological Concepts *or*

BIO 221 Zoology: Animal Form and Function *or* BIO 216 Biological Inquiry and Analysis

CHE 201 General College Chemistry *or* CHE 111 Essentials of Chemistry and Biochemistry

MAT 150 Algebra and Trigonometry\* *or* higher math (5)

(\*MAT 140 (4) and MAT 145 (3) can be substituted for MAT 150)

### *Social and Self-Awareness and Responsible Citizenship:*

PHI 202 Ethics

PSY 180 General Psychology

### *World's Historical, Literacy, and Philosophical Traditions*

CIV 201 World Civilization I *or* CIV 202 World Civilizations II

HUM 211 Western Humanities Tradition

### *Global Awareness, Cultural Diversity, & the World's Artistic Traditions*

See advisor before choosing 3 hour elective.

### *University Studies Electives:*

CSC 125 Internet and Web Page Design *or* CSC 199 Introduction to Information Technology

PHY 130 General Physics I

PHY 131 General Physics I Laboratory

MAT 135 Introduction to Probability and Statistics (4)

## Core Courses..... 50 hrs

BIO 227 Human Anatomy (2) and BIO 228 Human Anatomy Laboratory (2)

BIO 229 Human Physiology (3) and BIO 230 Human Physiology Laboratory (1)

EXS 099 Transitions (1)

EXS 101 Concepts and Careers in Exercise Science and Athletic Training (3)

EXS 275 Group Fitness Instruction (2)

EXS 295 Acute Care of the Physically Active (2)

EXS 301 Care and Prevention of Injuries (3)

EXS 333 Theory and Techniques in Strength and Conditioning (3)

EXS 350 Exercise Physiology (3) and EXS 351 Exercise Physiology lab (1)

EXS 353 Exercise Prescription (3) and EXS 354 Exercise Prescription Lab (1)

EXS 370 Kinesiology (3)

EXS 375 Biomechanics in Sport and Exercise (3)

EXS 385 Sport and Exercise Psychology (3)

EXS 415 Exercise Concepts in Special Populations (3) (formerly 310)

EXS 469 Professional Experience I (3)

EXS 471 Administration in Exercise Science (2)

NTN 230 Nutrition (3)

Beyond the University Studies requirements and the Exercise Science core classes, students pursuing the Pre-Health Professional track will select remaining courses from the list below. Students are encouraged to cautiously select courses that meet all prerequisite requirements for their desired graduate program. At least 23 hours must be selected from the options to meet the 120-hour requirement for graduation. At least 11 hours must be 300 level or above.

## OPTIONS

EXS 296 Acute Care of the Physically Active Lab (1)

EXS 304 Evidence-Based Practice in Musculoskeletal Evaluation

EXS 320 Evaluation of Non-Orthopedic Conditions

EXS 380 Sports Medicine Pharmacology

EXS 390 Therapeutic Modalities

EXS 400 Research Design and Statistics for Allied Health

EXS 402 Evaluation of the Lower Extremity

EXS 403 Evaluation of the Upper Extremity

EXS 420 Rehabilitation Techniques

EXS 421 Rehabilitation Techniques Lab

EXS 435/CDI 465 Neuroanatomy and Physiology for Applied Health Sciences

BIO 120 Scientific Etymology

BIO 220 Clinical Terminology

BIO 300 Introductory Microbiology (4)

CHE 202 General Chemistry and Qualitative Analysis

CHE 312 Organic Chemistry I (5)

PSY 260 Lifespan Development

PSY 407 Abnormal Psychology

PHY 132 General Physics II

PHY 133 General Physics II Laboratory

SOC 133 Introduction to Sociology

Career elective (advisor approval required)

## Total Curriculum Requirements..... 120 hrs

- Total number of hours must be  $\geq 120$  to earn a baccalaureate degree. Forty-two (42) hours must be earned in courses at the 300 level or above.
- Students are encouraged to identify their expected career path during their freshman and sophomore years then closely review requirements for graduate programs in which they may pursue. This will assist the student and their faculty advisor in tailoring program coursework to meet the requirements of the professional program(s). The student is responsible for ensuring all requirements are complete for the graduate program(s) for which they plan to apply.
- Students must earn a "C" or better in all EXS core and track-specific courses
- A cumulative grade point average of 3.0 for students pursuing the Pre-Health Professional track is required prior to enrollment in most senior-level courses.
- Students must have a minimum 3.0 grade point average to graduate with an Exercise Science Pre-Health Professional degree.
- Students are responsible for ensuring graduation requirements are satisfied.