

**Bloomsburg University - Department of Exercise Science**  
**Bachelor of Science in Exercise Science - Adventure Leadership Option**

<b>Courses</b>	<b>Cr.</b>	<b>Taken:</b>	<b>Courses</b>	<b>Cr.</b>	<b>Taken:</b>
<b>Exercise Science Major Requirements</b>	<b>36</b>		<b>Group A (Humanities)</b>		
05.161 Introduction To Exercise Science	3	_____	1) _____	3	_____
05.321 First Aid, Safety, AED	3	_____	2) _____	3	_____
50.173 Anatomy & Physiology I (also counts as Group C)	4	_____	3) _____	3	_____
50.173 Anatomy & Physiology II	4	_____	4) _____	3	_____
05.351 Kinesiology	3	_____	<b>Group B (Social Sciences)</b>		
05.378 Exercise Physiology I	4	_____	1) 45.211 Principles of Sociology	3	_____
50.205 Introduction to Nutrition	3	_____	2) 48.101 General Psychology	3	_____
05.380 Research Methods Exercise Science	3	_____	3) 48.253 Social Psychology or 48.311 Adulthood & Aging	3	_____
05.450 ECG Interpretation/Exercise Testing	3	_____	4) _____	3	_____
05.477 Exercise Prescription & Programming	3	_____	<b>Group C (Nat. Sci. &amp; Math) (includes 50.173 listed with major)</b>		
05.478 Exercise Physiology II	3	_____	50.231 Biology of Aging	3	_____
05.498 Internship in Exercise Science <sup>1</sup>	6	_____	52.101 Introduction to Chemistry	3	_____
			54.111 Introduction to Physics	4	_____
<b>Concentration (18 Credit Specialization)</b>	<b>18</b>				
<b>Adventure Leadership</b>			<b>Free Electives:</b>	<b>14</b>	
05.291 Hiking, Backpacking, & Orienteering	3	_____	1) _____	3	_____
05.331 Recreation Education	3	_____	2) _____	3	_____
05.333 School Camping/Outdoor Education	3	_____	3) _____	3	_____
Electives			4) _____	3	_____
1) _____	3	_____	5) _____	2	_____
2) _____	3	_____			
3) _____	3	_____			
			<b>Optional University Seminar<sup>2</sup></b>	<b>1</b>	_____
<b>General Education - Total Credits:</b>	<b>51</b>				
<b>Communication (1 course may also count towards Group A)</b>			<b>TOTAL CREDITS FOR PROGRAM</b>	<b>120</b>	
1) 20.101 Composition 1	3	_____			
2) 2nd Writing Course:	3	_____			
3) _____	3	_____	<b>Two Approved Diversity Courses:<sup>3</sup></b>		
<b>Quantitative</b>			_____		
53.109 College Algebra or 53.112, 53.113, 53.123, 53.141, 48.160	3	_____	_____		
<b>Values</b>					
50.230 Human Sexuality or 82.217 Alcohol Use & Abuse	3	_____			
<b>Fitness</b>					
05.270 Exercise and You	2	_____			

**Note 1:** Internship candidates must complete CPR/AED/First Aid Certification, Liability insurance, PA Child Abuse History Clearance & Criminal Record Check  
 Internship may be taken for 6 to 15 credits; credits exceeding 6 count as free electives

**Note 2:** If 09.100 not taken, then take additional Free Elective Credit  
**Note 3:** Two of the Major, General Ed. or Elective Courses selected must also qualify as Diversity Courses; see approved list in catalog and consult advisor.