

Exercise Physiology, B.S.

Degrees Offered

- Bachelor of Science

Nature of the Program

The mission of the Division of Exercise Physiology is to prepare qualified professionals at the BS level to promote health and quality of life through the use of appropriate physical activity and lifestyle behaviors. In addition, it is our mission to provide exercise physiology programs and expertise at the community, state, and national levels, and to make meaningful scientific contributions to the discipline of exercise science through faculty research and by training graduate students in research skills.

The WVU Exercise Physiology Program was established in the Health Sciences Center's School of Medicine in July 1993. The program offers a four-year curriculum leading to a Bachelor of Science (BS) degree in Exercise Physiology, a one- or two-year program leading to a Master of Science (clinical, thesis, or tactical area of emphasis), and a doctoral program leading to a PhD in Pathophysiology, Rehabilitation, & Performance. The BS and clinical MS programs were recently accredited by The Commission on Accreditation of Allied Health Education Programs (CAAHEP) and meet the knowledge, skill, and aptitude (KSA) requirements for students to be eligible to take the certification examinations offered by the American College of Sports Medicine.

What is an Exercise Physiologist?

Exercise physiology is the study of the biological and biochemical processes associated with exercise and overload that affects the underlying function of cells and organ systems in the human body. Exercise physiology is a rapidly evolving field that is becoming increasingly important in the delivery of healthcare. Exercise physiologists work to prevent or delay the onset of chronic disease in healthy participants or to provide therapeutic or functional benefits to patients with known disease. Services may be offered in a variety of medical settings such as hospitals, rehabilitation centers, and outpatient clinics; in community, corporate, commercial, and university fitness and wellness centers; in nursing homes and senior citizens centers; and in research and academic settings.

Research by scientists trained in exercise physiology have greatly expanded our understanding of the ways in which exercise affects cell function. Advances in research in exercise physiology have provided a foundation for many types of medical treatment in areas that include but are not limited to cardiovascular diseases, diabetes, aging, obesity, and disuse atrophy. Employment opportunities are expanding and increase with experience and level of education.

Exercise physiologists are trained to evaluate people in the areas of cardiovascular fitness, muscular strength and endurance, flexibility, neuromuscular integration, and body composition. Based on the results of these evaluations, exercise physiologists are also trained to provide exercise programs that are designed to increase the functional capacity of the participants.

Exercise physiologists find employment working with athletes, patients, and healthy participants in the areas of disease prevention in wellness programs or rehabilitation in hospital settings. The BS is also a preparatory degree for graduate school. Graduates of this program continue their studies in exercise physiology, physical therapy, medicine, or other health-related careers. Graduates of the MS or PhD programs find employment in corporate wellness, hospital rehabilitation, higher education, or other research settings, while graduates of our PhD program have obtained postdoctoral positions in prestigious universities and medical schools. Additionally, they may be employed in a wide variety of private, community, state, and national agencies. Exercise physiology is an evolving field that is becoming increasingly important with the integration of preventive medicine into the healthcare system.

ADMINISTRATION

CHAIR AND DIRECTOR, UNDERGRADUATE STUDIES

- Randall Bryner - EdD (West Virginia University)
Associate Professor

DIRECTOR, MASTERS OF SCIENCE GRADUATE PROGRAM

- Paul D. Chantler - PhD (Liverpool John Moores University)
Professor

DIRECTOR, PHD PROGRAM

- John M. Hollander - PhD (University of Wisconsin)
Professor

VICE DIRECTOR FOR GRADUATE STUDIES, DIVISION OF EXERCISE PHYSIOLOGY

- Dharendra Thapa - PhD (West Virginia University)
Assistant Professor

DIRECTOR OF ADMISSIONS, HSC OFFICE OF RESEARCH & GRADUATE EDUCATION

- Emidio E. Pistilli - PhD (West Virginia University)
Associate Professor

ASSISTANT CHAIR

- Miriam E. Leary - PhD (University of Texas at Austin)
Associate Professor

DIRECTOR OF GLOBAL EDUCATION AND SERVICE LEARNING

- Beth Nardella - PhD (West Virginia University)
Associate Professor

EXECUTIVE DIRECTOR OF CLINICAL PROGRAMS AND RESEARCH, HUMAN PERFORMANCE LABORATORY

- Paul D. Chantler - PhD (Liverpool John Moores University)
Professor

DIRECTOR, HUMAN PERFORMANCE LABORATORY

- Brett Rice - MS (West Virginia University)

PROGRAM COORDINATORS

- Jillian Descoteaux - PhD (Ohio University)
Dance Science, Assistant Professor
- Brian Leary - PhD (University of Texas at Austin)
Tactical Performance Physiology, Assistant Professor
- Lori Sherlock - EdD (West Virginia University)
Aquatic Therapy, Professor

CO-DIRECTORS, CLINICAL & TRANSLATIONAL SCIENCE PHD PROGRAM

- Paul D. Chantler - PhD (Liverpool John Moores University)
Professor
- I. Mark Olfert - PhD (Loma Linda University)
Professor

FACULTY

PROFESSORS

- Paul D. Chantler - PhD (Liverpool John Moores University)
Director, Masters of Science Graduate Program, Co-Director, Clinical & Translational Science PhD Program
- John M. Hollander - PhD (University of Wisconsin)
Director, PhD Program
- Jean L. McCrory - PhD (Penn State University)
- I. Mark Olfert - PhD (Loma Linda University)
Co-Director, Clinical & Translational Science PhD Program
- Ming Pei - PhD, MD (Beijing Medical University, Xuzhou Medical College)
- Lori Sherlock - EdD (West Virginia University)
Aquatic Therapy Program Coordinator

ASSOCIATE PROFESSORS

- Daniel E. Bonner - MS (West Virginia University)
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Director of Admissions, HSC Office of Research & Graduate Education
- Emily Ryan - PhD (Kent State University)
- Sergiy Yakovenko - PhD (University of Alberta)

ASSISTANT PROFESSORS

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Dance Science Program Coordinator
- Andrew Lane - PhD (University of Florida)
- Brian Leary - PhD (University of Texas at Austin)
Tactical Performance Physiology Program Coordinator
- Dharendra Thapa - PhD (West Virginia University)
Vice Director for Graduate Studies, Division of Exercise Physiology
- James Thomas - MS (West Virginia University)

ASSOCIATE PROFESSORS EMERITI

- Diana Gilleland - MS (West Virginia University)
- Guyton Hornsby - PhD (West Virginia University)

Admissions for 2026-2027

First time freshmen eligible to be admitted to WVU are directly admitted to the program.

Transfer students must have a 2.75 cumulative GPA to be admitted to the program.

Current WVU students must attend a major change advising session and have a 2.75 cumulative GPA to be admitted to the program.

EARLY ASSURANCE PROGRAM

The Early Assurance Program (EAP) provides a pathway for well-qualified WVU Exercise Physiology undergraduates to enter the DPT program following completion of their baccalaureate degree. To qualify, students entering WVU from high school must:

- Be admitted to WVU as an Exercise Physiology major
- Have a high school GPA of 3.50 or higher
- Have an ACT Math score of 24 or higher, or SAT Math score of 570 or higher

EAP students who meet the following requirements will continue into the DPT program following completion of their baccalaureate degree:

- Complete all prerequisite coursework (see table above) by the end of the spring semester of their junior year.
- Achieve both overall and prerequisite GPA of 3.50 or higher*.
- Meet the program's other admissions requirements, including a successful interview and satisfactory letters of recommendation, with the following exceptions:
 - The GRE is waived for EAP students.
 - EAP students must obtain at least 10 of the required 60 PT volunteer/observation hours in our program's faculty practice and/or at a WVU Medicine facility.
- Participate in meetings each semester organized by the DPT Admissions Committee and the Exercise Physiology academic advisor.

*EAP students will be evaluated for progression to the DPT program starting in June after completion of the junior year. Interviews will be conducted in August following the junior year.

Students who do not meet the EAP criteria for continuation outlined above but do meet the DPT program's minimum admissions requirements are encouraged to apply using the traditional application process.

ACCELERATED BACHELOR'S TO MASTERS

The Accelerated Bachelor's to Master's (ABM) provides a pathway for well-qualified WVU Exercise Physiology (EXPH) students to enter the Master of Science in Athletic Training (MSAT) program early and complete both their undergraduate and graduate degrees within five years. To be eligible for early admission to the ABM, students entering WVU from high school must:

- Be admitted to WVU as an Exercise Physiology major.
- Have a high school GPA of 3.0 or higher.
- Place directly into CHEM 110 (Introduction to Chemistry) and MATH 124 (College Algebra), with an ACT Math score of 20 or SAT Math score of 520.

First-time freshmen admitted via the early admission pathway must maintain the standards described under regular admission in order to continue into the ABM program after completing a minimum of 60 credits.

Currently enrolled WVU students may apply no earlier than the semester in which they are expected to complete 60 credits and no later than the semester after which they will need two additional semesters to complete the bachelor's degree.

All early admission students wishing to continue in the ABM and students applying via the regular admission pathway must:

- Have a cumulative undergraduate GPA of 3.0, and a prerequisite GPA of 3.0 (with a grade of C or higher in each of the following prerequisite courses (or approved equivalent):
 - BIOL 101/L: General Biology/Laboratory (4 hrs)
 - CHEM 115/L: Fundamentals of Chemistry/Laboratory (4 hrs)
 - EXPH 440: Anatomy for Exercise Physiology (3 hrs)
 - PHYS 101/L: Introductory Physics/Laboratory (4 hrs)
 - PSIO 241: Elementary Physiology (4 hrs)
 - PSYC 101: Introduction to Psychology (3 hrs)
- Apply via ATCAS

Additional admission criteria will be required if in effect for the MSAT at time of application.

Students are expected to remain in compliance with all Exercise Physiology policies and procedures during the undergraduate portion of the program, and with all Athletic Training policies and procedures during the graduate portion. Students must maintain a minimum cumulative GPA of 3.0 in both undergraduate and graduate courses throughout their enrollment. Eligibility to remain in the ABM will be evaluated at the end of each semester, and may be placed on program probation for no more than one semester.

OCCUPATIONAL THERAPY EARLY ASSURANCE PROGRAM

The OTD Early Assurance Program (EAP) provides a pathway for well-qualified WVU Exercise Physiology (EXPH) undergraduate students to enter the WVU Occupational Therapy Doctorate (OTD) program following completion of an EXPH baccalaureate degree and meeting all other requirements outlined below.

To be eligible for the EAP, current students must:

- Be enrolled at WVU as an Exercise Physiology major.
- Have an undergraduate GPA of 3.0 (overall and OTD prerequisite) or greater at the time the early assurance is granted. Students can apply for the EAP at any time during their sophomore or junior year in the Exercise Physiology program.

While in the EAP, students must:

- Achieve an overall and OTD pre-requisite GPA of 3.0 or higher. A grade of "C" or higher is required in all OTD prerequisite coursework (<https://medicine.wvu.edu/ot/doctorate-otd/prerequisite-courses/>).
- Successfully complete at least 20 hours of shadowing with an occupational therapist.
- Complete all OTD prerequisites by the end of the fall semester in the senior year of the WVU Exercise Physiology program.

To be formally admitted into the OTD program, assuming all other criteria are met, students must also:

- Obtain two satisfactory letters of recommendation.
- Completion of an OTD Program application through OTCAS (<https://otcas.liaisoncas.com/applicant-ux/#/login>).
- Must complete a minimum of 10 shadowing hours with OT faculty in clinical practice. These can be counted towards the 20-hour requirement noted above.

Click here to view the Suggested Plan of Study (p. 7)

General Education Foundations

Please use this link to view a list of courses that meet each GEF requirement. (<http://registrar.wvu.edu/gef/>)

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

Code	Title	Hours
General Education Foundations		
F1 - Composition & Rhetoric		3-6
ENGL 101 & ENGL 102 or ENGL 103	Introduction to Composition and Rhetoric and Composition, Rhetoric, and Research Accelerated Academic Writing	
F2A/F2B - Science & Technology		4-6
F3 - Math & Quantitative Reasoning		3-4
F4 - Society & Connections		3
F5 - Human Inquiry & the Past		3
F6 - The Arts & Creativity		3
F7 - Global Studies & Diversity		3
F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)		9
Total Hours		31-37

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

Curriculum Requirements

Code	Title	Hours
University Requirements		36
Exercise Physiology Program Requirements		40
Exercise Physiology Major Requirements		44
Total Hours		120

University Requirements

Code	Title	Hours
General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)		
Outstanding GEF Requirements 1, 5, 6, and 7		15
EXPH 191	First-Year Seminar	1
General Electives		20
Total Hours		36

Exercise Physiology Program Requirements

A grade of C- or higher must be earned in all graded courses required for the Exercise Physiology Program Requirements. In addition, students must maintain a minimal cumulative GPA of 2.5 to remain in the program. Students who fail to meet or maintain these minimal requirements will be eligible for dismissal.

Code	Title	Hours
Select one of the following sequences:		
BIOL 101 & 101L	General Biology 1 and General Biology 1 Laboratory (GEF 2)	8
BIOL 102 & 102L	General Biology 2 and General Biology 2 Laboratory (GEF 2)	
OR		
BIOL 115 & 115L	Principles of Biology and Principles of Biology Laboratory *	

BIOL 117 & 117L	Introductory Physiology and Introductory Physiology Laboratory *	
CHEM 115 & 115L	Fundamentals of Chemistry 1 and Fundamentals of Chemistry 1 Laboratory (GEF 8)	4
CHEM 116 & 116L	Fundamentals of Chemistry 2 and Fundamentals of Chemistry 2 Laboratory	4
MATH 124	Algebra with Applications **	3
Select one of the following sequences: ***		8
PHYS 101 & 101L	Introductory Physics 1 and Introductory Physics 1 Laboratory	
PHYS 102 & 102L	Introductory Physics 2 and Introductory Physics 2 Laboratory	
Or		
PHYS 111 & 111L	General Physics 1 and General Physics 1 Laboratory	
PHYS 112 & 112L	General Physics 2 and General Physics 2 Laboratory	
PSYC 101	Introduction to Psychology (GEF 4)	3
PSYC 241	Introduction to Human Development	3
Select one of the following:		4
PSIO 241	Elementary Physiology	
PSIO 441	Mechanisms of Body Function	
Select one of the following (GEF 3): ***		3
STAT 211	Elementary Statistical Inference	
ECON 225	Elementary Business and Economics Statistics	
Total Hours		40

Exercise Physiology Major Requirements

A grade of C- or higher must be earned in all graded courses required for the major. In addition, students must maintain a minimal cumulative GPA of 2.5 to remain in the program. Students who fail to meet or maintain these minimal requirements will be eligible for dismissal.

Code	Title	Hours
EXPH 101	Introduction to Exercise Physiology	2
EXPH 240	Medical Terminology	2
EXPH 364	Kinesiology	3
EXPH 367	Exercise Nutrition	3
EXPH 369	Strength/Conditioning Methods	4
EXPH 370	Writing for Exercise Science	3
EXPH 386	Advanced Physiology of Exercise 1	3
EXPH 387	Advanced Physiology of Exercise 2	3
EXPH 388	Physiology of Exercise Laboratory 1	1
EXPH 389	Advanced Physiology of Exercise Lab 2	1
EXPH 425	Motor Learning & Control	3
EXPH 440	Anatomy for Exercise Physiology	3
EXPH 461	Exercise is Medicine	3
EXPH 475	Industry Organization in Exercise Physiology (or)	3
EXPH 491	Professional Field Experience	3
or EXPH 497	Research	
EXPH 477	Professional Development for Exercise Physiologists	1
EXPH 496	Senior Thesis	3
All students must complete 25 hours of community service per year.		
Total Hours		44

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BIOL 115/BIOL 115L, BIOL 117/BIOL 117L, CHEM 233/CHEM 233L and CHEM 234/CHEM 234L are required for students selecting the Health Professions Area of Emphasis.

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Students who place out of MATH 124 via ALEKS, SAT or ACT will be allowed to replace the MATH 124 program requirement with a general elective approved by their advisor.

Additional MATH prerequisites may be required for PHYS and STAT courses which are determined by placement. These prerequisite courses will be part of the required General Electives.

SUGGESTED PLAN OF STUDY

First Year

Fall	Hours	Spring	Hours
BIOL 101 & 101L (GEF 2)		4 BIOL 102 & 102L (GEF 8)	4
ENGL 101 (GEF 1)		3 EXPH 101	2
EXPH 191		1 PSYC 101 (GEF 4)	3
MATH 124		3 GEF 5, 6, or 7	3
EXPH 240		2 General Elective	3
GEF 5, 6, or 7		3	
		16	15

Second Year

Fall	Hours	Spring	Hours
PHYS 101 & 101L		4 PHYS 102 & 102L	4
CHEM 115 & 115L (GEF 8)		4 CHEM 116 & 116L (GEF 8)	4
EXPH 364		3 PSIO 241	4
ENGL 102 (GEF 1)		3 EXPH 367	3
		14	15

Third Year

Fall	Hours	Spring	Hours
STAT 211 (GEF 3)		3 PSYC 241	3
EXPH 370		3 EXPH 369	4
EXPH 386		3 EXPH 387	3
EXPH 388		1 EXPH 389	1
EXPH 440		3 General Elective	3
General Elective		3	
		16	14

Fourth Year

Fall	Hours	Spring	Hours
EXPH 425		3 EXPH 461	3
EXPH 475		3 EXPH 477	1
EXPH 491		3 EXPH 496	3
General Electives		6 General Electives GEF 5, 6, or 7	5 3
		15	15

Total credit hours: 120

Areas of Emphasis

- Aquatic Therapy (p. 8)
- Dance Science (p. 8)
- Health Professions (p. 8)

AQUATIC THERAPY AREA OF EMPHASIS REQUIREMENTS

Code	Title	Hours
Minimum GPA of 2.5 required.		
EXPH 450	Theory of Aquatic Therapy	4
EXPH 451	Application of Aquatic Therapy	3
EXPH 452	Aquatic Therapy Facility Management	3
EXPH 491	Professional Field Experience	5
Total Hours		15

DANCE SCIENCE AREA OF EMPHASIS REQUIREMENTS

A GPA of 3.0 is required for acceptance in to the Dance Science Area of Emphasis. An interview with the coordinator of the program is required for admission. The first class in the area of emphasis as seen in the Suggested Plan of Study is offered in the fall semester of junior year.

Code	Title	Hours
Minimum GPA of 2.5 required.		
EXPH 480	Introduction to Performing Arts Medicine	3
EXPH 481	Performance Enhancement for Performing Artists	3
EXPH 482	Injuries and Illnesses of Performing Artists	4
EXPH 483	Seminar in Applied Anatomy for Dance Movements	1
EXPH 491	Professional Field Experience	5
Total Hours		16

HEALTH PROFESSIONS AREA OF EMPHASIS REQUIREMENTS

Code	Title	Hours
All courses must be completed but 12 hours replace courses from the general course list		
BMM 339	Introduction to Human Biochemistry	3 or 4
or BMM 531	General Biochemistry	
or AGBI 410	Introductory Biochemistry	
BIOL 219 & 219L	Cellular and Molecular Biology and Cellular & Molecular Biology Laboratory	4
EXPH 460	Pathophysiology	3
Select one of the following:		4
AEM 341 & 341L	General Microbiology and General Microbiology Laboratory	
GEN 371	Principles of Genetics	
Upper Division BIOL Courses (Excluding BIOL 491, 495, 497)		
Total Hours		14

SUGGESTED PLAN OF STUDY

First Year

Fall	Hours	Spring	Hours
CHEM 115 & 115L (GEF 8)		4 CHEM 116 & 116L	4
BIOL 115 & 115L (GEF 2)		4 BIOL 117 & 117L (GEF 8)	4
MATH 124 (GEF 3)		3 MATH 128 (GEF 8)	3

PSYC 101 (GEF 4)	3 ENGL 101	3
EXPH 191	1 EXPH 101 (GEF 1)	2
EXPH 240	2	
	17	16

Second Year

Fall	Hours	Spring	Hours
PHYS 101 & 101L		4 PHYS 102 & 102L	4
CHEM 233 & 233L		4 CHEM 234 & 234L	4
BIOL 219 & 219L		4 PSIO 241	4
ENGL 102 (GEF 1)		3 EXPH 493 (Nurtirion and Exercise)	3
EXPH 364		3	
	18		15

Third Year

Fall	Hours	Spring	Hours
BMM 339		4 PSYC 241	3
EXPH 386		3 EXPH 369	4
EXPH 388		1 EXPH 370	3
EXPH 440		3 EXPH 387	3
STAT 211		3 EXPH 389	1
		GEF 5, 6 or 7	3
	14		17

Fourth Year

Fall	Hours	Spring	Hours
EXPH 460		3 EXPH 461	3
EXPH 496		3 EXPH 475	3
Elective Science		3 EXPH 491	4
GEF 5, 6, or 7		3 GEF 5, 6, or 7	3
	12		13

Total credit hours: 122

Accelerated Programs

- Accelerated BS Exercise Physiology and MS Athletic Training (p. 9)
- Accelerated BS Exercise Physiology and DPT Physical Therapy (p. 11)

Accelerated Bachelor's/Master's Curriculum Requirements

A grade of C or higher must be earned in all graded courses required for the Exercise Physiology Program and Major Requirements. Students are expected to remain in compliance with all Exercise Physiology policies and procedures during the undergraduate portion of the program, and with all Athletic Training policies and procedures during the graduate portion. Students must maintain a minimum cumulative GPA of 3.0 in both undergraduate and graduate courses throughout their enrollment, and must have a prerequisite GPA of 3.0 to progress into the graduate phase. Eligibility to remain in the ABM will be evaluated at the end of each semester, and students may be placed on program probation for no more than one semester (with program dismissal following for students who do not return to good standing after one semester of program probation).

ABM Requirements

Code	Title	Hours
	Undergraduate EXPH Curriculum Requirements	102
	Shared Bachelor's/Master's Curriculum Requirements	22
	Graduate AT Curriculum Requirements	45
	Total Hours	169

Shared Bachelor's/Master's Curriculum Requirements

Code	Title	Hours
PALM 503	AT Human Anatomy	4
AT 511	Managing Athletic Medical Trauma	2
AT 513	Foundations of Athletic Training	5
AT 520	Musculoskeletal Assessment & Diagnosis 1	3
AT 521	Musculoskeletal Assessment & Diagnosis 2	3
AT 522	Clinical Decision Making 1	2
AT 524	Pediatric Sports Medicine Clinical Rotation	3
Total Hours		22

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
EXPH 191		1 EXPH 101	2
EXPH 240		2 BIOL 102	3
BIOL 101 (GEF 2)		3 BIOL 102L	1
BIOL 101L (GEF 2)		1 CHEM 115	3
CHEM 110		3 CHEM 115L	1
ENGL 101 (GEF 1)		3 PSYC 101 (GEF 4)	3
MATH 124 (GEF 3)		3 GEF 5, 6, 7	3
GEF 5, 6, 7		3	
		19	16

Second Year

Fall	Hours	Spring	Hours
CHEM 116		3 EXPH 367	3
CHEM 116L		1 PHYS 102 (GEF 8)	4
ENGL 102 (GEF 1)		3 PHYS 102L	0
PHYS 101 (GEF 8)		4 PSIO 241	4
PHYS 101L		0 PSYC 241 (GEF 8)	3
EXPH 364		3 STAT 211	3
GEF 5, 6, 7		3	
		17	17

Third Year

Fall	Hours	Spring	Hours	Summer	Hours
EXPH 386		3 EXPH 369		4 PALM 503	4
EXPH 388		1 EXPH 387		3 AT 513	5
EXPH 370		3 EXPH 389		1	
EXPH 425		3 EXPH 461		3	
EXPH 440		3 EXPH 475		3	
EXPH 441		2 EXPH 477		1	
		EXPH 496		3	
		15		18	9

Fourth Year

Fall	Hours	Spring	Hours	Summer	Hours
AT 511		2 AT 523		2 AT 610	3
AT 520		3 AT 530		3 AT 613	2
AT 521		3 AT 531		3 AT 622	2
AT 522		2 AT 532		2	
AT 524		3 AT 534		3	
		13		13	7

Fifth Year

Fall	Hours	Spring	Hours
AT 620		2 AT 630	1
AT 623		9 AT 631	2
AT 629		1 AT 632	2
		AT 633	8
		12	13

Total credit hours: 169

Curriculum Requirements

Code	Title	Hours
University Requirements		16
Accelerated BS in EXPH to DPT Program Requirements		37
Undergraduate EXPH Curriculum Requirements		74
Professional PT Curriculum Requirements		96
Total Hours		223

University Requirements

Code	Title	Hours
General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)		
Outstanding GEF Requirements 1, 5, 6, and 7		15
EXPH 191	First-Year Seminar	1
Total Hours		16

Accelerated BS in EXPH to DPT Program Requirements

Students are expected to remain in compliance with all Exercise Physiology policies and procedures during the undergraduate portion of the program, and with all Physical Therapy policies and procedures during the professional portion. Students must maintain a minimum cumulative GPA of 3.5 in both undergraduate and professional courses throughout their enrollment, and must have a prerequisite GPA of 3.5 to progress from the undergraduate to the professional phase. Eligibility to remain in the accelerated program will be evaluated at the end of each semester, and students may be placed on program probation for no more than one semester (with program dismissal following for students who do not return to good standing after one semester of program probation).

Code	Title	Hours
BIOL 115	Principles of Biology (GEF 2)	3
BIOL 115L	Principles of Biology Laboratory (GEF 2)	1
BIOL 117	Introductory Physiology	3
BIOL 117L	Introductory Physiology Laboratory	1
CHEM 115	Fundamentals of Chemistry 1	3
CHEM 115L	Fundamentals of Chemistry 1 Laboratory	1
CHEM 116	Fundamentals of Chemistry 2	3
CHEM 116L	Fundamentals of Chemistry 2 Laboratory	1
PHYS 101	Introductory Physics 1 (GEF 8)	4
PHYS 101L	Introductory Physics 1 Laboratory	0
PHYS 102	Introductory Physics 2 (GEF 8)	4
PHYS 102L	Introductory Physics 2 Laboratory	0
PSYC 101	Introduction to Psychology (GEF 4)	3
PSYC 241	Introduction to Human Development (GEF 8)	3
STAT 211	Elementary Statistical Inference (GEF 3)	3
PSIO 441	Mechanisms of Body Function	4
Total Hours		37

Undergraduate EXPH Curriculum Requirements

Code	Title	Hours
EXPH 101	Introduction to Exercise Physiology	2
EXPH 240	Medical Terminology	2
EXPH 364	Kinesiology	3
EXPH 367	Exercise Nutrition	3
EXPH 369	Strength/Conditioning Methods	4
EXPH 370	Writing for Exercise Science	3
EXPH 386	Advanced Physiology of Exercise 1	3
EXPH 387	Advanced Physiology of Exercise 2	3
EXPH 388	Physiology of Exercise Laboratory 1	1
EXPH 389	Advanced Physiology of Exercise Lab 2	1
EXPH 425	Motor Learning & Control	3
EXPH 440	Anatomy for Exercise Physiology	3
EXPH 441	Gross Anatomy Laboratory for Exercise Physiology	2
EXPH 460	Pathophysiology	3
EXPH 461	Exercise is Medicine	3
EXPH 475	Industry Organization in Exercise Physiology	3
EXPH 491	Professional Field Experience	3
EXPH 496	Senior Thesis	3
PT 501	Professional Development 1	3
PT 506	Advanced Clinical Anatomy	5
PT 508	Movement Diagnosis 1	2
PT 513	Lifespan Functional Movement	2
PT 514	Foundational Science 1	4
PT 515	Evidence Based Physical Therapy 1	3
PT 516	Kinesiological Foundations	4
PT 518	Movement Diagnosis 2	3
Total Hours		74

Professional PT Curriculum Requirements

Code	Title	Hours
PT 720	Clinical Education 1	2
PT 723	Developmental Life Tasks	3
PT 724	Cardiopulmonary Physical Therapy 1	3
PT 725	Evidence-Based Physical Therapy 2	3
PT 727	Neurobiologic Foundations	4
PT 729	Physical Therapy Interventions 1	3
PT 731	Professional Development 2	1
PT 734	Cardiopulmonary Physical Therapy 2	3
PT 736	Orthopedic Physical Therapy 1	4
PT 738	Movement Diagnosis 3	1
PT 739	PT Interventions 2	3
PT 740	Clinical Education 2	1
PT 741	Professional Development 3	3
PT 743	Geriatric Physical Therapy	2
PT 744	Foundational Science 2	2
PT 745	Evidence Based Physical Therapy 3	1
PT 746	Orthopedic Physical Therapy 2	4
PT 747	Neurorehabilitation 1	3
PT 749	Survey of PT Practice	1

PT 754	Foundational Science 3	3
PT 756	Orthopedic Physical Therapy 3	4
PT 757	Neurorehabilitation 2	3
PT 758	Movement Diagnosis 4	1
PT 759	Prosthetics and Orthotics	3
PT 760	Clinical Education 3	5
PT 761	Professional Development 4	2
PT 770	Clinical Education 4	5
PT 771	Professional Development 5	3
PT 773	Pediatric Physical Therapy	3
PT 775	Evidence Based Physical Therapy 4	1
PT 780	Clinical Education 5	8
PT 781	Professional Development 6	1
PT 785	Advanced Clinical Decision Making	2
PT 797	Research	5
Total Hours		96

Plan of Study - Undergraduate Classification

Under the plan of study below, students will be classified as undergraduates for the first 3.5 years in the accelerated program and will be able to utilize undergraduate financial aid, even when taking graduate courses. However, once reclassified as graduate students - typically after completing the fall semester, fourth year - undergraduate financial aid can no longer be utilized.

First Year

Fall	Hours	Spring	Hours
BIOL 115 & 115L (GEF 2)		4 BIOL 117 & 117L	4
CHEM 115 & 115L		4 CHEM 116 & 116L	4
ENGL 101 (GEF 1)		3 EXPH 101	2
EXPH 191		1 EXPH 367	3
EXPH 240		2 PHYS 101 & 101L (GEF 8)	4
PSYC 101 (GEF 4)		3	
		17	17

Second Year

Fall	Hours	Spring	Hours
ENGL 102 (GEF 1)		3 EXPH 369	4
EXPH 364		3 EXPH 370	3
EXPH 386		3 EXPH 387	3
EXPH 388		1 EXPH 389	1
PSIO 441		4 PHYS 102 & 102L (GEF 8)	4
		GEF 5, 6, 7	3
		14	18

Third Year

Fall	Hours	Spring	Hours	Summer	Hours
EXPH 425		3 EXPH 461		3 PT 501	3
EXPH 440		3 EXPH 475		3 PT 506	5
EXPH 441		2 EXPH 491		3	
EXPH 460		3 EXPH 496		3	
PSYC 241		3 STAT 211 (GEF 3)		3	
GEF 5, 6, 7		3 GEF 5, 6, 7		3	
		17		18	8

Fourth Year

Fall	Hours	
PT 508		2
PT 513		2
PT 514		4
PT 515		3
PT 516		4
PT 518		3
		18

Total credit hours: 127

Plan of Study - Professional Classification**First Year**

	Spring	Hours	Summer	Hours	
	PT 720		2 PT 731		1
	PT 723		3 PT 734		3
	PT 724		3 PT 736		4
	PT 725		3 PT 738		1
	PT 727		4 PT 739		3
	PT 729		3		
		18	12		

Second Year

Fall	Hours	Spring	Hours	Summer	Hours	
PT 740		1 PT 744		2 PT 760		5
PT 741		3 PT 754		3 PT 761		2
PT 743		2 PT 756		4 PT 797		1
PT 745		1 PT 757		3		
PT 746		4 PT 758		1		
PT 747		3 PT 759		3		
PT 749		1 PT 797		2		
PT 797		2				
		17		18		8

Third Year

Fall	Hours	Spring	Hours	
PT 770		5 PT 780		8
PT 771		3 PT 781		1
PT 773		3 PT 785		2
PT 775		1		
		12		11

Total credit hours: 96

Major Learning Outcomes**BACHELOR OF SCIENCE (BS) IN EXERCISE PHYSIOLOGY**

The Bachelor of Science program in exercise physiology is a preparatory program for graduate or professional school in areas such as exercise physiology, physical therapy, or medicine. The undergraduate program includes courses in science, anatomy, physiology, nutrition, and business, and hands-on laboratories in exercise physiology, and exercise instruction. Students will also complete a 180 hr. clinical internship or research in their senior year. Select senior students can also take a hands on cadaver dissection gross anatomy laboratory to further enhance their ability to compete for admission to Physician Assistant, Physical Therapy, Medicine or other Rehabilitative Science graduate programs.

Students will be able to:

- Critically evaluate scientific information and apply to exercise physiology related concepts
- Integrate foundational science coursework and its application in exercise physiology.

- Use critical reasoning and evidence to methodically and systematically problem solve and develop interventions in exercise physiology.
- Perform and clinically apply health and fitness screening as well as exercise testing and prescription for healthy and chronic disease populations.
- Perform laboratory techniques, analysis and interpretation of data, and application to practice within the discipline.
- Apply professional competencies to discipline related practice, including effectively communicating scientific and clinical information to lay audiences.

Accreditation

The Bachelor of Science and Master of Science (Clinical) programs in Exercise Physiology are accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).