

EXERCISE AND MOVEMENT SCIENCE, B.S.

Code	Title	Hours
General Education Program		
	Understanding College (FS)	1
	Writing and Presentation (WRI1 & OC1)	6
	Mathematics (QR1)	3-4
	Information Literacy, Media, and Research (ITML)	3
	Creative Voices across Cultures (HCE)	6
	Science at Work (NPW)	6-10
BIO-1140	Anatomy and Physiology 1	
BIO-1140L	Anatomy and Physiology 1 Laboratory	
BIO-1141	Anatomy and Physiology 2	
BIO-1141L	Anatomy and Physiology 2 Laboratory	
	Ethics, Reality and Logic (PEM)	6
	Individual and Societies (SEH)	6
	Our World, Past and Present (WHG)	6
	Personal Wellness (FH)	2-3
	Religion and Culture (RS)	3
Exercise and Movement Science Major		
HC-1001	Introduction to American Health Service Delivery I	3
HS-1201	Community Health	3
HS-1207	Nutrition	3
HS-1305	Coping with Stress	3
HS-2151	Theory & Research in Health Promotion	3
HS-3250	Designing Health Promotional Programs	3
EXM-2208	Intro to Ex & Mvment Sci/Kinesiology	3
EXM-3200	Biomechanics	3
EXM-3322	Introduction to Legal Issues	3
PE-3304	Organization and Administration of Physical Education	2
PE-3305	Physiology of Exercise	3
PE-3308	Motor Learning	3
PE-4302	Physical Education for Students With Special Needs	3
PE-4616	Psychology of Sport	3
PE-4995	Independent Study in Physical Education	3
	Liberal Arts electives ¹	13
	General Electives	17
Total Hours		122-128

¹ Students pursuing a Bachelor of Science degree must complete 1/2 of their degree credits (i.e. minimum 60 credits) from courses in the Liberal Arts category. For specific academic subjects, see here (<https://catalog.sfc.edu/catalogue/general-information/academic-life/academic-policies/#liberalarts>).

In keeping with our mission at St. Francis College, the courses you take across the liberal arts ensure that you are well-rounded, able to engage in meaningful thought and conversation both within and outside of your area of expertise, and building a foundation for future success by deepening and broadening your knowledge. Building on

First Year Foundations and augmenting your major field of study, the combination of courses in the Bodies of Knowledge prepares you to meet the challenges the world presents to you with intelligence, clarity, and empathy. They will equip you to solve complex problems, contribute to your community, and improve the world you inhabit.

Institutional Learning Outcomes:

1. Demonstrate sensitivity to creative expression
2. Communicate ideas and information through written, oral, visual and digital media
3. Employ critical and analytical skills
4. Value diverse perspectives of the human experience
5. Implement information, technology and media literacy
6. Demonstrate quantitative literacy

Foundation Courses- First Year College (13-14 credits)

St. Francis College's mission, emphasizing Franciscan education, highlights access and opportunities for all students. In your first year at SFC, you will combine key skill development with courses in the liberal arts and in your areas of interest. Each of these courses and categories is essential to your success in college and beyond. Our First Year Foundations program ensures that all students will be equitably prepared to excel and achieve their goals.

Bodies of Knowledge (35 credits)

At St. Francis College, our Franciscan mission states that we "educate the whole person for a full, relational life." This means that we strive, by making certain you take courses across the liberal arts, to ensure that you are well-rounded, able to engage in meaningful thought and conversation both within and outside of your area of expertise, and create success by deepening and broadening your knowledge. Building on First Year Foundations and augmenting your major field of study, the combination of courses in the Bodies of Knowledge prepare you to meet the challenges the world presents to you with intelligence, clarity, and empathy. They will equip you to solve complex problems, contribute to your community, and improve the world you inhabit.