

Major Academic Plan (MAP)

Associate in Arts and Science BS in Exercise Science, Pre-OT

Department of Physical Education, Health, and Recreation
College of Arts, Letters, and Education (CALE)

What will I study?

The program is the study of movement and the associated functional responses and adaptations. Students learn how to assist people to live healthier lives through exercise, rehabilitation, and nutrition, as well as assisting them to overcome their fears, cope with and prevent injuries. The pre-Occupational Therapy option builds in the prerequisite science and psychology courses required to apply to a graduate program in OT.

Knowledge and Skills

The Exercise Science major prepares students to pursue advanced degrees in exercise physiology, biomechanics, motor control and learning, cardiac rehabilitation, and adult fitness, as well as professional programs such as Physical Therapy, Occupational Therapy, and Chiropractic. The coursework provides the knowledge and skills needed to pursue certification from organizations such as American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), and American Council on Exercise (ACE). These certifications are widely accepted in the fitness industry. Membership into a professional organization is a graduation requirement.

Program Director and Advisor

Dr. Wendy Repovich
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Admission to the Program

To officially declare the EXSC-OT major students must have a grade of 3.0 or higher in CHEM 161 and CHEM 162.

CALE Coordinator:
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Sample Careers
Personal Trainer
Fitness Program Manager



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AA-DTA Degree Requirements with Suggested Classes that Fulfill EWU Prerequisites/Requirements

PIERCE COLLEGE COURSES	E.W.U. COURSE EQUIVALENT
COMMUNICATION SKILLS (10 credits)	
ENGL& 101 English Composition I (5)	ENGL 101 College Composition: Exposition and Argument (5)
ENGL& 102 English Composition II (5)	ENGL 201 College Composition: Analysis, Research, Document (5)
QUANTITATIVE SKILLS (5 credits)	
Consult your advisor for course options.	
HUMANITIES (15 credits)	
Consult your advisor for course options.	
HUMANITIES PERFORMANCE/SKILLS (5 credits Maximum)	
Consult your advisor for course options.	
SOCIAL SCIENCES (15 credits)	
Consult your advisor for course options.	
NATURAL SCIENCES (15 credits)	
CHEM& 121 Into to Chemistry (5)	CHEM 161 General Chemistry for Health Sciences (5)
GENERAL TRANSFERABLE ELECTIVES (15 credits)	
Consult your advisor for course options.	
GENERAL ELECTIVES (15 credits)	
CHEM& 131 Intro to organic/Biochemistry (6)	CHEM 162 Organic Chemistry for Health Sciences 95)
PSYC& 200 Lifespan Psychology (5)	PSYC 201 Lifespan Psychology (5)
PYSC& 220 Abnormal Psychology (5)	

The courses listed below transfer to satisfy EWU Graduation Requirements and can be taken before or during the major program

Cultural Diversity (4 quarter credit minimum)

- SOC 220 Gender Roles in Society (5)
- ANTH& 210 Indians of North America (5)
- ANTH& 106 American Mosaic (5)
- ANTH& 216 Northwest Coast Indians (5)
- ANTH 240 Women in Cross-Cultural Perspective (5)
- CMST 105 Intercultural Communication (5)
- HUM 105 Black Thought and Culture (5)
- HUM 106 Ethnic Thought and Culture (5)

International Studies (4 quarter credit minimum)

- BUS 245 Global Business (5)
- GEOG 160 World Regional Geography – the Non-Western World (5)
- HIST 260 History of Russia and the USSR (5)
- HIST 265 History of Latin America Since 1810 (5)
- HIST 270 Introduction to the Far East (5)
- HIST 280 Introduction to Chinese Civilization (5)
- HIST 287History of Japan Since Antiquity (5)
- HUM 240 World Religions (5)
- INTS 107 Introduction to International Studies (5)
- POLS& 203 International Relations (5)
- SOC 212 Death, Dying and Bereavement (5)
- SOC& 201 Social Problems (5)

