

# EXERCISE AND SPORTS SCIENCE

LA ROCHE UNIVERSITY

A MAJOR IN EXERCISE AND SPORTS SCIENCE provides students with an interdisciplinary approach and comprehensive knowledge to the scientific basis of human movement, physical activity, exercise and sport performance.



## CURRICULUM

### MAJOR COMPONENT/ REQUIREMENT

69 credits

### SCIENCE AND MATH COMPONENT

32 credits

Medical Terminology

Human Anatomy & Physiology I  
with Lab

Human Anatomy & Physiology II  
with Lab

Principles of Chemistry I with Lab  
or General Chemistry I with Lab

Principles of Chemistry II with Lab  
or General Chemistry II with Lab

Normal and Clinical Nutrition  
Physics for Health Science  
or Physics I/Lab

Probability & Statistics  
or Statistics in Health Care

Intro to Psychology

### EXERCISE AND SPORTS SCIENCE PERFORMANCE COMPONENT

28 credits

Intro to Kinesiology

Exercise Physiology  
& Sports Nutrition

Exercise Physiology  
Laboratory

Health Assessment in  
Health Science

Motor Learning, Control  
& Development

Biomechanics

Fitness Testing  
& Exercise Prescription

Continued

LA ROCHE UNIVERSITY | 9000 Babcock Blvd. | Pittsburgh, PA 15237 | laroche.edu

### Freshman Admissions

844-838-4578 | 412-536-1272  
admissions@laroche.edu

### Transfer Admissions

412-536-1260  
transferadmissions@laroche.edu



## CURRICULUM *(continued)*

Strength & Conditioning  
Clinical Exercise Physiology  
Internship

### EXERCISE SCIENCE AND SPORTS PERFORMANCE ELECTIVES 9 credits

Health Psychology  
Communication, Sports & Culture  
Sport Administration & Management  
Sports & Entertainment Marketing  
Sports & Globalization  
Student Internship  
*Additional Science, Math and Psychology as needed for graduate school prerequisites*

### ACADEMIC CORE CURRICULUM 37 credits

### FOUNDATIONS OF KNOWLEDGE 15 credits

Academic Reading and Writing  
Academic Writing and Research  
Digital Literacy  
College Algebra  
Oral Communication

### LA ROCHE EXPERIENCE 4 credits

LRX: Foundations  
Investigating Social Problems

### BREADTH OF KNOWLEDGE 12 credits

Natural and Physical World\*  
Human Expression  
Values and Ethics  
Social Sciences  
Global Perspectives

### DEPTH OF KNOWLEDGE 3 credits

Interdisciplinary Inquiry

### CORE ELECTIVES 3 credits

Any Breadth of Knowledge Area Course **or** Interdisciplinary Inquiry

*\*Fulfilled in major requirements*

### GENERAL ELECTIVES 14 credits



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