MURRAY STATE UNIVERSITY
School of Nursing and Health Professions

PRE-HEALTH PROFESSIONAL TRACK

ADDRESSING THE NEEDS OF THE STUDENT AND PLANTING THE SEEDS FOR A SUCCESSFUL FUTURE.

What is the Pre-Health Professional Track?
Health care professionals are in high demand nationwide, providing services to optimize individual health, improve movement and function, and assist those limited by physical injury, illness, developmental or learning impairments, psychosocial dysfunction, and aging. Students choosing to pursue graduate programs in occupational therapy, physical therapy, physician assistant, or other health-related fields should consider the Exercise Science Pre-Health Professional Track. The Pre-Health Professional Track allows the student to complete the EXS core course requirements and the prerequisite coursework required for their intended field but does not guarantee admission to a professional program.

The Pre-health Professional track allows students to gain clinical and hands on experience to prepare them for entry into allied health fields.

Why Here?
Murray State’s Exercise Science (EXS) program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) upon the recommendation of the Committee on Accreditation for the Exercise Sciences (CoAES). This accreditation assures the EXS curriculum covers knowledge, skills and abilities necessary to work in various areas related to exercise science. The program provides students in the Pre-Health Professional Track an undergraduate degree that prepares them for careers in the exercise science field upon graduation from MSU.

Contact us for more information
Exercise Science/ Pre-Health Professional Track

Bachelor of Science Degree
CIP 31.0505
2014-2015

University Studies Requirements ...........................................47 hrs

Oral and Written Communication:
ENG 105 Critical Reading, Writing, and Inquiry
COM 161 Public Speaking

Scientific Inquiry, Methodologies and Quantitative Skills:
BIO 101 Biological Concepts
BIO 221 Zoology: Animal Form and Function
BIO 216 Biological Inquiry and Analysis
CHE 201 General College Chemistry
CHE 111 Essentials of Chemistry and Biochemistry
MAT 150 Algebra and Trigonometry* or higher math (5)
(*MAT 140 (4) and MAT 145 (3) can be substituted for MAT 150)

Social and Self-Awareness and Responsible Citizenship:
PHI 202 Ethics
PSY 180 General Psychology

World’s Historical, Literary, and Philosophical Traditions
CIV 201 World Civilization I
CIV 202 World Civilizations II
HUM 211 Western Humanities Tradition

Global Awareness, Cultural Diversity, & the World’s Artistic Traditions
See advisor before choosing 3 hour elective.

University Studies Electives:
CSC 125 Internet and Web Page Design
CSC 199 Introduction to Information Technology
MAT 135 Introduction to Probability and Statistics

Core Courses............................................................................ 50 hrs

BIO 227 Human Anatomy (2) and
BIO 228 Human Anatomy Laboratory (2)
BIO 229 Human Physiology (3) and
BIO 230 Human Physiology Laboratory
EXS 100T Transitions (1)
EXS 101 Concepts and Careers in Exercise Science and Athletic Training (3)
EXS 275 Group Fitness Instruction (2)
EXS 295 Acute Care of the Physically Active (2)
EXS 301 Care and Prevention of Injuries (3)
EXS 333 Theory and Techniques in Strength and Conditioning (3)
EXS 350 Exercise Physiology (3) and
EXS 351 Exercise Physiology lab (1)
EXS 353 Exercise Prescription (3) and
EXS 354 Exercise Prescription Lab (1)
EXS 370 Kinesiology (3)
EXS 375 Biomechanics in Sport and Exercise (3)
EXS 385 Sport and Exercise Psychology (3)
EXS 415 Exercise Concepts in Special Populations (3)
EXS 445 Senior Seminar I
EXS 469 Professional Experience I (3)
EXS 471 Administration in Exercise Science (2)
NTN 230 Nutrition (3)

Beyond the University Studies requirements and the Exercise Science core classes, students pursuing the Pre-Health Professional track will select remaining courses from the list below. Students are encouraged to cautiously select courses that meet all prerequisite requirements for their desired graduate program. At least 26 hours must be selected from the options to meet the 120-hour requirement for graduation. At least 10 hours must be 300 level or above.

Professor Specific Courses
EXS 296 Acute Care of the Physically Active Lab (1)
EXS 304 Evidence-Based Practice in Musculoskeletal Evaluation
EXS 320 Evaluation of Non-Orthopedic Conditions
EXS 380 Sports Medicine Pharmacology
EXS 390 Therapeutic Modalities
EXS 400 Research Design and Statistics for Allied Health
EXS 402 Evaluation of the Lower Extremity
EXS 403 Evaluation of the Upper Extremity
EXS 420 Rehabilitation Techniques
EXS 421 Rehabilitation Techniques Lab
EXS 435/CDI 465 Neuroanatomy and Physiology for Applied Health Sciences
BIO 120 Scientific Etymology
BIO 220 Clinical Terminology
BIO 300 Introductory Microbiology (4)
CHE 202 General Chemistry and Qualitative Analysis
CHE 312 Organic Chemistry(5)
PHY 130 General Physics I
PHY 131 General Physics I Laboratory
PHY 132 General Physics
PHY 133 General Physics II Laboratory
PSY 260 Lifespan Development
PSY 407 Abnormal Psychology
PHY 132 General Physics II
SOC 133 Introduction to Sociology
Career elective (advisor approval required)

Total Curriculum Requirements..........................................120 hrs

- Total number of hours must be ≥ 120 to earn a baccalaureate degree.
- Forty-two (42) hours must be earned in courses at the 300 level or above.
- Students are encouraged to identify their expected career path during their freshman and sophomore years then closely review requirements for graduate programs in which they may pursue. This will assist the student and their faculty advisor in tailoring program coursework to meet the requirements of the professional program(s). The student is responsible for ensuring all requirements are complete for the graduate program(s) for which they plan to apply.
- Students must earn a “C” or better in all EXS core and track-specific courses
- A cumulative grade point average of 3.0 for students pursuing the PreHealth Professional track is required prior to enrollment in most senior-level courses.
- Students must have a minimum 3.0 grade point average to graduate with an Exercise Science Pre-Health Professional degree.
- Students are responsible for ensuring graduation requirements are satisfied.