

Welcome Cavaliers  
 Concordia University to Western Oregon University  
 Degree Map for Major Map in: **Exercise Science Pre- Clinical Concentration**  
 Academic Year: 2019-2020

**General Education Requirements**

Concordia University students with completed General Education requirements will clear WOU's General Education requirements as well. For students who have not yet completed their Concordia General Education requirements, they will be able to meet requirements with their Concordia coursework as follows:

|  |  |
|--|--|
| WOU General Education*<br>First Year Seminars<br>Mathematics<br>Writing<br>Communication & Language<br>Critical Thinking<br>Health Promotion<br>Literary & Aesthetic Persepctives<br>Scientific Perspectives <b>**One life science and one physical science</b><br>Social Historic, & Civic Perspectives<br>Citizenship, Social Responsibility, & Global Awareness + Science Technology, & Society | Concordia Courses<br>waived (accommodates LDR 198)<br>Mathematics 110 or above<br>WR 121 + WR 30X<br>Foreign Language (or other COM elective)<br>HUM 351<br>ESS 260<br>Fine Arts elective + HUM 152 or HUM elective<br>SCI 110 + natural science elective<br>REL 371 + PSY 201 or Social Science Elective<br>Intercultural Experience completed + 6 credits of electives, including upper division |
|--|--|

\*Applies to students seeking a BA or BS degree. The AB, BM or Honors degree carry different General Education requirements.

**Major Requirements**

First Year

| Year 1               |          |           |          |
|----------------------|----------|-----------|----------|
| WOU Course           | Credit   | Concordia | Credit   |
| EXS 230              | 4        | ESS 250   | 3        |
| HE 325               | 4        |           |          |
|                      |          |           |          |
|                      |          |           |          |
|                      |          |           |          |
|                      |          |           |          |
|                      |          |           |          |
| <b>Total Credits</b> | <b>8</b> |           | <b>3</b> |

Second Year

| Year 2               |           |           |             |
|----------------------|-----------|-----------|-------------|
| WOU Course           | Credit    | Concordia | Credit      |
| BI 234               | 4         | BI 264    | 6           |
| BI 235               | 4         | BI 265    | 6           |
| BI 236               | 4         |           |             |
| EXS 310              | 4         | ESS 384   | 6           |
| EXS 370              | 4         | ESS 422   | 4.5         |
| EXS 371              | 4         | ESS 474   | 6           |
| EXS 245              | 4         |           |             |
| <b>Total Credits</b> | <b>28</b> |           | <b>28.5</b> |

Third Year

| Year 3               |           |            |           |
|----------------------|-----------|------------|-----------|
| WOU Course           | Credit    | Concordia  | Credit    |
| EXS 373              | 4         | ESS 484    | 6         |
| HE 426               | 4         | ESS 464    | 4.5       |
| EXS 444              | 4         | ESS 452    | 4.5       |
| EXS 483              | 4         |            |           |
| EXS 477              | 4         | ESS 494    | 6         |
| EXS Elective         | 4         | see note a |           |
|                      |           |            |           |
| <b>Total Credits</b> | <b>24</b> |            | <b>21</b> |

Fourth Year

| Year 4               |           |            |          |
|----------------------|-----------|------------|----------|
| WOU Course           | Credit    | Concordia  | Credit   |
| EXS 488              | 4         |            |          |
| EXS 485              | 4         | ESS 432    | 4.5      |
| EXS 498              | 4         | ESS 498    | 4.5      |
| EXS 453 or 455       | 4         |            |          |
| EXS Adv Course       | 4         | see note b |          |
| EXS Adv Course       | 4         | see note b |          |
| EXS Elective         | 4         | see note a |          |
| <b>Total Credits</b> | <b>28</b> |            | <b>9</b> |

Total Credits for Degree: 180

\*Minimum number of credits taken at WOU (excludes credit by examination): 45 of the final 60.

a: Possible EXS Elecctive Courses (credits vary): ESS 330, 340, 360, 491, 493, PHY 211, 212, CH 211, 212, HHS 451, SPT 461

b: Potential EXS Adv. Courses: ESS 498 Research Project, ESS 493 Research Methods

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**Major Requirements**

First Year

| Year 1               |          |           |          |
|----------------------|----------|-----------|----------|
| WOU Course           | Credit   | Concordia | Credit   |
| EXS 230              | 4        | ESS 250   | 3        |
| HE 325               | 4        |           |          |
|                      |          |           |          |
|                      |          |           |          |
|                      |          |           |          |
|                      |          |           |          |
|                      |          |           |          |
|                      |          |           |          |
| <b>Total Credits</b> | <b>8</b> |           | <b>3</b> |

Second Year

| Year 2               |           |            |             |
|----------------------|-----------|------------|-------------|
| WOU Course           | Credit    | Concordia  | Credit      |
| BI 234               | 4         | BI 264     | 6           |
| BI 235               | 4         | BI 265     | 6           |
| BI 236               | 4         |            |             |
| EXS 310              | 4         | ESS 384    | 6           |
| EXS 370              | 4         | ESS 422    | 4.5         |
| EXS 371              | 4         | ESS 474    | 6           |
| EXS Elective         | 4         | see note a |             |
| <b>Total Credits</b> | <b>28</b> |            | <b>28.5</b> |

Third Year

| Year 3               |           |            |           |
|----------------------|-----------|------------|-----------|
| WOU Course           | Credit    | Concordia  | Credit    |
| EXS 373              | 4         | ESS 484    | 6         |
| HE 426               | 4         | ESS 464    | 4.5       |
| EXS 444              | 4         | ESS 452    | 4.5       |
| EXS 483              | 4         |            |           |
| EXS Elective         | 4         | see note a |           |
| EXS Elective         | 4         | see note a |           |
|                      |           |            |           |
| <b>Total Credits</b> | <b>24</b> |            | <b>15</b> |

Fourth Year

| Year 4               |           |            |          |
|----------------------|-----------|------------|----------|
| WOU Course           | Credit    | Concordia  | Credit   |
| EXS 488              | 4         |            |          |
| EXS 485              | 4         | ESS 432    | 4.5      |
| EXS 498              | 4         | ESS 498    | 4.5      |
| EXS 453 or 455       | 4         |            |          |
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