

Capital Scholars Honors Program
Advising Guide for Exercise Science Majors
Pre-Physician's Assistant
2021-2022

Recommended Course Schedule

Year 1:

Fall Semester	Hours	Spring Semester	Hours
CAP 111: Honors Composition	3 Hrs.	CAP 115: Interdisciplinary Writing	3 Hrs.
CAP 122: Who Am I?	3 Hrs.	CAP 123: How Do You Know?	3 Hrs.
CAP 102: Introduction to Honors	2 Hrs.	BIO 141: Unity of Living Organisms	4 Hrs.
EXR 201: Intro Ex Science	3 Hrs.	BIO 202: Anatomy & Physiology II	4 Hrs.
BIO 201: Anatomy & Physiology	4 Hrs.	EXR 233: Personal Health and Wellness	3 Hrs.
MAT 121: Applied Statistics	3 Hrs.		
<i>Total</i>	<i>18 Hrs.</i>	<i>Total</i>	<i>17 Hrs.</i>

Summer First Year:

Summer Semester	Hours
COM 112: Oral Communication	3 Hrs.
<i>Total</i>	<i>3 Hrs.</i>

Year 2:

Fall Semester	Hours	Spring Semester	Hours
CAP 225: What is Good?	3 Hrs.	CAP 226: What is Power?	3 Hrs.
EXR 222: Musculoskeletal Anatomy & Physiology	3 Hrs.	EXR 302: Injury Prevention	3 Hrs.
EXR 212: Medical Terminology	3 Hrs.	EXR 301: Motor Learning	3 Hrs.
CAP 25x/35x: Global Issues	3 Hrs.	BIO 241: Bio of Orgs in the Environment	4 Hrs.
CHE 141: General Chemistry I (* Prerequisites)	4 Hrs.	CHE 142: General Chemistry II	4 Hrs.
CHE 143: Recitation for General Chemistry I (must be taken concurrently with CHE 141)	0 Hrs.	Recitation for General Chemistry II (must be taken at the same time as CHE 142)	0 Hrs.
<i>Total</i>	<i>16 Hrs.</i>	<i>Total</i>	<i>17 Hrs.</i>

* High school chemistry and placement in MAT 094 or higher. Students who took CHE 101, need a grade of B or higher.

Summer Semester	Hours
PSY 201: Principles of Psychology	3 Hrs.
<i>Total</i>	<i>3 Hrs.</i>

ECCE (Engaged Citizenship Common Experience) 10 Hours	CAP and Other Courses That Count Towards ECCE
• U.S. Communities (3 hrs)	CLS 411: Health Care Mgmt.
• Global Awareness (3 hrs)	Honors Global Awareness Requirement (6 hrs)
• Engagement Experience (3 hrs)	IPL 300
• Speakers Series (1 hr)	

UIS Students complete ECCE requirements in at least 2 of the 3 ECCE categories-U.S. Communities, Global Awareness, Engagement Experience (per CAP and major requirements)-in addition to Speakers Series- 10 Hours.

Notes: Students must work closely with advisor to be sure all requirements are met for specific graduate program. Students may need to take CHE101 in addition to CHE 141 if limited chemistry background. Students may also choose to take BIO 204 /205 for A&P requirements. IPL 300 could be used for PA observation hours.

Physician Assistant Requirements:

The following are general prerequisite requirements for entry into an Physician Assistant program. Please be sure to work closely with advisors to ensure students are meeting program specific requirements.

- Biochemistry
- Human anatomy/physiology courses
- Microbiology
- Psychology
- Statistics
- Medical Terminology

Competitive applicants typically have science and overall GPA of at least 3.000 on a 4.000 scale. All prerequisite courses must be completed with a grade of a C or better. Most programs require hours of direct, hands-on patient care clinical experience in a health care setting, which includes working with or shadowing PAs, at the time of application.