

Capital Scholars Honors Program
Advising Guide for Exercise Science Majors
Pre-Occupational Therapy
2019-2020 (FOUR YEAR)

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 (for CAP)	4 Hrs.
<i>EXR 201: Intro Ex Science</i>	3 Hrs.	BIO 202: Anatomy & Physiology II	4 Hrs.
BIO 201: Anatomy & Physiology	4 Hrs.	<i>EXR 233: Personal Health and Wellness</i>	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.
<i>MLS 225 Nutrition</i>	3 Hrs.	CAP 25x/35x: Global Issues	3 Hrs.
<i>EXR 251: Prevention & Care Injuries</i>	3 Hrs.	<i>EXR 212: Medical Terminology</i>	3 Hrs.
PSY 201: Principles of Psychology	3 Hrs.	<i>EXR 301: Motor Learning</i>	3 Hrs.
CHE 141: General Chemistry I (* Prerequisites)	4 Hrs.	SOA 101: Intro to Sociology	3 Hrs.
CHE 143: Recitation for General Chemistry I (must be taken concurrently with CHE 141)	0 Hrs.		
<i>Total</i>	<i>16 Hrs.</i>	<i>Total</i>	<i>15 Hrs.</i>

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

Year 3:

Fall Semester	Hours	Spring Semester	Hours
<i>EXR 329: Kinesiology and Biomechanics</i>	3 Hrs.	<i>EXR 325: Evidence-Based Concepts</i>	3 Hrs.
<i>EXR 331: Exercise Physiology</i>	4 Hrs.	MAT 115: Calculus I	4 Hrs.
Elective (EXR/ Science)	3 Hrs.	Visual/Creative/Performing Arts Requirement	3 Hrs.
PSY 321: Life-span Dev	4 Hrs.	UNI 301: Speaker Series	1 Hr.
Honors Global Awareness	3 Hrs.	Honors Global Awareness	4 Hrs.
<i>Total</i>	<i>17 Hrs.</i>	<i>Total</i>	<i>15 Hrs.</i>

Year 4:

Fall Semester	Hours	Spring Semester	Hours
<i>EXR 483: Seminar in Exercise Science</i>	3 Hrs.	<i>EXR 352: Health Promo & Dis Prevention</i>	3 Hrs.
Honors Global Awareness	4 Hrs.	CLS 411: Health Care Mgmt. (ECCE- US Communities)	3 Hrs.
PSY 351: Abnormal Psych	4 Hrs.	Elective	3 Hrs.
CAP 402: Senior Seminar	1 Hrs.	Elective (EXR/ Science)	3 Hrs.
Elective (EXR/ Science)	3 Hrs.		
<i>Total</i>	<i>15 Hrs.</i>	<i>Total</i>	<i>12 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)	
• 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.

Students may also choose to take BIO 204 /205 for A&P requirements. IPL 300 could be used for OT observation 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 OT observation hours.

Occupational Therapy Requirements:

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

- Two courses in psychology:
 - abnormal psychology
 - human/lifespan development
- One course in human anatomy
 - with human cadaver lab study preferred/ or required; minimum 4 semester hours
- One course in human physiology
 - with lab, covering all structures and functions of the body
- Medical terminology
- Sociology or anthropology
- Statistics

* some programs require Physics, and/or additional BIO (advise accordingly)

Competitive applicants have science and overall GPA of at least 3.000 on a 4.000 scale, typically higher. 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.