

**Capital Scholars Honors Program**  
**Advising Guide for Exercise Science Majors**  
**Pre-Physician's Assistant**  
**2019-2020 (FOUR YEAR)**

**Recommended Course Schedule**

**Year 1:**

<b>Fall Semester</b>	<b>Hours</b>	<b>Spring Semester</b>	<b>Hours</b>
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.
<b><i>EXR 201: Intro Ex Science</i></b>	3 Hrs.	BIO 202: Anatomy & Physiology II	4 Hrs.
BIO 201: Anatomy & Physiology	4 Hrs.	<b><i>EXR 233: Personal Health and Wellness</i></b>	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:**

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

**Year 2:**

<b>Fall Semester</b>	<b>Hours</b>	<b>Spring Semester</b>	<b>Hours</b>
CAP 225: What is Good?	3 Hrs.	CAP 226: What is Power?	3 Hrs.
<b><i>MLS 225 Nutrition</i></b>	3 Hrs.	<b><i>EXR 212: Medical Terminology</i></b>	3 Hrs.
<b><i>EXR 251: Prevention &amp; Care Injuries</i></b>	3 Hrs.	<b><i>EXR 301: Motor Learning</i></b>	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.

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

**Year 3:**

<b>Fall Semester</b>	<b>Hours</b>	<b>Spring Semester</b>	<b>Hours</b>
<b><i>EXR 329: Kinesiology and Biomechanics</i></b>	3 Hrs.	<b><i>EXR 325: Evidence-Based Concepts</i></b>	3 Hrs.
<b><i>EXR 331: Exercise Physiology</i></b>	4 Hrs.	MAT 115: Calculus I	4 Hrs.
CHE 267 & 268 Organic Chemistry	4 Hrs.	Visual/Creative/Performing Arts Requirement	3 Hrs.
PSY 321: Life-span Dev	4 Hrs.	UNI 301: Speaker Series	1 Hr.
		Honors Global Awareness	4 Hrs.
<i>Total</i>	<i>15 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 &amp; Dis Prevention</i>	3 Hrs.
Honors Global Awareness	4 Hrs.	CLS 411: Health Care Mgmt. (ECCE- US Communities)	3 Hrs.
CHE 475: General Biochemistry	3 Hrs.	Honors Global Awareness	3 Hrs.
CAP 402: Senior Seminar	1 Hrs.	Elective (EXR/ Science)	3 Hrs.
BIO 345 & 346: General Microbiology/Lab	4 Hrs.	SOA 101: Intro to Sociology	3 Hrs.
<i>Total</i>	<i>15 Hrs.</i>	<i>Total</i>	<i>15 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.