

Advising Guide for Exercise Science Majors Pre-Occupational Therapy

Year 1:

| Fall Semester | Hours | Spring Semester | Hours |
|---------------------------------|---------|---------------------------------------|---------|
| EXR 201: Intro Ex Science | 3 | EXR 233: Personal Health and Wellness | 3 |
| Freshman Seminar (Hum or SS) | 3 | EXR 212: Medical Terminology | 3 |
| ENG 101: Composition I | 3 | ENG 102: Composition II | 3 |
| MAT 121: Statistics | 3 | BIO 202: Anatomy & Physiology II | 4 |
| BIO 201: Anatomy & Physiology I | 4 | Comparative Societies (Hum or SS) | 3 |
| | | | |
| Total | 16 Hrs. | Total | 16 Hrs. |

Year 2:

| Fall Semester | Hours | Spring Semester | Hours |
|------------------------------------|---------|---|---------|
| MLS 225: Nutrition | 3 | EXR 301: Motor Learning | 3 |
| EXR 222: Musculoskeletal Anatomy | 3 | EXR 302: Prevention & Care of Athletic Injuries (prereq: EXR 222) | 3 |
| General Ed (Humanities) | 3 | COM 112: Oral Communication | 3 |
| PSY 201: Principles of Psychology | 3 | ECCE: EXP or Elective | 3 |
| CHE 141: Principles of Chemistry I | 4 | SOA 101: Intro to Sociology | 3 |
| | | | |
| Total | 16 Hrs. | Total | 15 Hrs. |

Year 3:

| Fall Semester | Hours | Spring Semester | Hours |
|--|---------|----------------------------------|---------|
| EXR 329: Kinesiology and Biomechanics (prereq EXR 222) | 3 | EXR 325: Evidence-Based Concepts | 3 |
| EXR 331: Exercise Physiology (prereq: BIO 201 & 202) | 4 | MAT 115: Calculus I | 4 |
| ECCE: Global or US Communities | 3 | Visual/Creative/Performing Arts | 3 |
| Elective (EXR/ Science) | 3 | Elective (EXR/ Science) | 3 |
| PSY 321: Life-span Development | 4 | ECCE Speaker Series | 1 |
| | | | |
| Total | 17 Hrs. | Total | 14 Hrs. |

Year 4:

| Fall Semester | Hours | Spring Semester | Hours |
|--------------------------------------|------------|---|---------|
| EXR 483: Seminar in Exercise Science | 3 | EXR 352: Health Promo & Disease Prevention (prereq EXR 233) | 3 |
| ECCE: EXP or Elective | 3 | CLS 411: Health Care Mgmt. (ECCE- US Communities) | 3 |
| PSY 351: Abnormal Psych | 4 | Elective | 3 |
| Elective (EXR/ Science) | 3-4 | Elective | 3 |
| | | Elective (EXR/ Science) | 3 |
| Total | 13-14 Hrs. | Total | 15 Hrs. |

EXR Core Courses

EXR Track Courses

Gen Ed/ Other Required Courses

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.



Allied Health

UNIVERSITY OF ILLINOIS SPRINGFIELD