

## ***Exercise Science – Pre-Occupational Therapy Track***

### ***Suggested Plan of Study (Health and Wellness Concentration)***

#### **Freshman Year – 33 Credits**

<b>Courses</b>	<b>Hrs.</b>	<b>Courses</b>	<b>Hrs.</b>
PHS 2060/2061 – Human Physiology	4	ANA 2070/2071 – Human Anatomy	4
ENG 1103 – Composition	4	EXP 1101 – President’s Seminar	1
EXS 2100 – Analysis & Critique (EXS)	4	FYS 1000 – First Year Seminar	4
GEN – General Education Core	12		

#### **Sophomore Year – 33 Credits**

<b>Courses</b>	<b>Hrs.</b>	<b>Courses</b>	<b>Hrs.</b>
EPY 2200 – Exercise Physiology	4	BMC 2300 – Biomechanics	4
EXS 3200 – Exercise Testing & Rx	4	GEN – General Education Core	13
PSY 2000 – Introduction to Psychology	4	SOA 1010/1020 – The Individual in Society <b><i>OR</i></b> Introduction to Cultural Anthropology	4

#### **Junior Year – 32 Credits**

<b>Courses</b>	<b>Hrs.</b>	<b>Courses</b>	<b>Hrs.</b>
WEL 4400 – Health Behavior Change	4	WEL 4650 – Physical Activity Epidemiology	4
GEN – General Education Core	12	PSY 2100 – Statistics	4
PSY 2250 – Abnormal Psychology	4	PSY 2300 – Developmental Psychology	4

#### **Senior Year – 32 Credits**

<b>Courses</b>	<b>Hrs.</b>	<b>Courses</b>	<b>Hrs.</b>
WEL 4600 – Sociocultural Aspects of Obesity	4	WEL 4675 – Body & Identity	4
GEN – General Education Core/Electives	24		

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- Advisors
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  - Dr. Kimberly Reich ([kreich@highpoint.edu](mailto:kreich@highpoint.edu))
  - Dr. Kyle Sunderland ([ksunderland@highpoint.edu](mailto:ksunderland@highpoint.edu))
  - Dr. Sara Arena ([sarena@highpoint.edu](mailto:sarena@highpoint.edu))
- Shadowing/Hours
  - May occur at any point in the student's academic journey
  - Should see advisor for details
- Graduate School Admissions Test Preparation
  - GRE test preparation should begin in summer prior to junior year.
  - Exam should be taken during junior year.
- Notes
  - Each MOT/DOT program has its own unique set of prerequisite courses for application. This matrix was designed to assist students in translating the most common MOT/DOT prerequisite requirements, BUT does not account for every MOT/DOT program. The student should review the prerequisite course work required for their targeted MOT/DOT programs to best understand application requirements.
  - A statistics course out of PSY is only open to students who are double majoring or minoring in PSY.
  - Due to the heavy influence of PSY on the OT prerequisites, a minor in PSY is recommended.