Exercise Science (BS)

This program is offered by the College of Arts & Sciences/Biological Sciences Department.

Program Description
The bachelor of science (BS) in exercise science provides an excellent academic foundation for students choosing to pursue graduate and professional degrees in a wide array of health careers, such as exercise physiology, occupational therapy, physical therapy, medicine, and athletic training. Because these fields require post-baccalaureate degrees, students will need to take additional prerequisites that apply to their field of interest. Students who choose not to pursue a post-baccalaureate degree can pursue a career as a personal trainer, wellness coordinator, strength and conditioning coach, or in corporate wellness.

Learning Outcomes
Upon completion of the exercise science program, students will be able to:
• Demonstrate basic knowledge of biology, chemistry and physics.
• Demonstrate basic knowledge of human movement.
• Demonstrate knowledge of effective analysis of kinesiology concepts.
• Demonstrate skill in applied kinesiology, in the effective use of problem-solving techniques, and in intelligent decision-making skills in clinical settings.
• Demonstrate tolerance and understanding of diverse populations, responsible citizenship, a professional attitude, and ethical behavior.

Degree Requirements
A minimum of 128 credit hours consisting of the following:
• 71 required credit hours
• Applicable University Global Citizenship Program hours
• Electives

Students must complete all courses in the major with a grade of C- or better.

Curriculum
The 71 credit hours required for the exercise science major include the following:
• BIOL 1550/1551 Essentials of Biology I (5 hours)
• BIOL 3150 Nutrition (3 hours)
• BIOL 3010/3011 Human Anatomy & Physiology I (4 hours)
• BIOL 3020/3021 Human Anatomy & Physiology II (4 hours)
• BIOL 4400 Research Methods (3 hours)
• BIOL 4430 Senior Thesis for BS (4 hours)
• HLSC 1582 Strength and Conditioning I (1 hours)
• HLSC 1583 Strength and Conditioning II (1 hours)
• EXSC 1318 Careers in Exercise Science (1 hour)
• EXSC 1400 Foundations of Exercise Science (3 hours)
• EXSC 2356 Principles of Athletic Training (3 hours)
• EXSC 3050 Exercise Physiology (3 hours)
• EXSC 3250/3251 Exercise Kinesiology (4 hours)
• EXSC 4680/4681 Exercise Testing and Prescription (4 hours)
• EXSC 4683 Exercise Prescription for Special Populations (3 hours)
• EXSC 4875 Exercise Science Internship (3 hours)
• CHEM 1100/1101 General Chemistry I (4 hours)
• CHEM 1110/1111 General Chemistry II (4 hours)
• PHYS 1710/1711 College Physics I (4 hours)
• PHYS 1720/1721 College Physics II (4 hours)
• PSYC 2300 Developmental Psychology Across a Lifespan (3 hours)

• STAT 3100 Statistics (3 hours)