

Degree Type – Bachelor of Science (BS)
Degree Title – Exercise Science

The Department of Health and Human Performance has a focus on preparing Exercise Science majors to function professionally in a changing and diverse society, and to improve the quality of life through the understanding, delivering and promotion of health, physical activity, and wellness.

STUDENT LEARNING OUTCOMES:

1. **Students will be able to demonstrate basic clinical laboratory and field based fitness testing skills.**
2. **Students will demonstrate competency of knowledge and skill in the Exercise Science field.**
3. **Students will demonstrate a knowledge base that is sufficient to pass national professional certification exams in the Exercise Science Fields.**

A – GENERAL EDUCATION CORE – 42 HOURS

Students must fulfill the General Education Core requirements. The courses listed below satisfy both degree requirements and General Education core requirements.

Required

Life and Physical Science – 3 hours

BIOL 2401 Anatomy and Physiology I three-hour lecture
 BIOL 2402 Anatomy and Physiology II three-hour lecture

Language, Philosophy, and Culture – 3 hours

PHIL 2320 Professional Ethics

Integrative and Experiential Learning – 6 hours

BIOL 2401 Anatomy and Physiology I one-hour lab
 BIOL 2402 Anatomy and Physiology II one-hour lab
 KINE 1301 Wellness
 CSCI 1105 Digital Technology in the Modern World

B – MAJOR REQUIREMENTS – 78 HOURS (42 advanced)

1 – Exercise Science Core – 38 hours (38 advanced)

HLTH 3372 Nutrition and Health
 KINE 3353 Physiology of Exercise
 KINE 3153 Physiology of Exercise Lab
 KINE 3360 Exercise Testing and Prescription
 KINE 3160 Exercise Testing and Prescription Lab
 KINE 3365 Physiology and Techniques of Strength/Power Fitness
 KINE 3368 Kinesiology Workshop
 KINE 3370 Biomechanics
 KINE 4310 Measurement Techniques in Physical Education and Sport
 KINE 4351 Adapted Kinesiology
 KINE 4355 Pediatric Exercise Physiology
 KINE 4360 Clinical Exercise Physiology
 KINE 4375 Motor Learning
 KINE 4380 Exercise Science Internship (Capstone)

2 – Concentrations – 40 hours (4 advanced minimum)

a – Physical Therapy Option I – 40 hours (4 advanced minimum)**i – Physical Therapy Core – 36 hours**

BIOL 1406 General Biology I (or 1487 Honors)

BIOL 1407 General Biology II (or 1488 Honors)

CHEM 1311 General Chemistry I

CHEM 1111 General Chemistry Lab I

CHEM 1312 General Chemistry II

CHEM 1112 General Chemistry Lab II

PHYS 1401 General Physics I

PHYS 1402 General Physics II

SOCI 1301 Introduction to Sociology

PSYC 2301 General Psychology

Choose one:

MATH 1342 Elementary Statistical Methods (or MATH 1387 Honors)

MATH 1343 Introduction to Biostatistics (or MATH 1388 Honors)

PSYC 2401 Basic Statistics for Psychologists

Choose one:

HRPT 2303 Medical Terminology

PSYC 3337 Developmental Psychology: Lifespan

ENGL 3342 Technical Communication

ii – Free Electives – 4 hours (1 advanced minimum)**b – Occupational Therapy Option II (Recommended) – 40 hours (12 advanced minimum)****i – Occupational Therapy Core – 31 hours (9 advanced)**

ANTH 2351 Introduction to Cultural Anthropology

SOCI 1323 Social Problems

PHYS 1401 General Physics I

HRPT 2303 Medical Terminology

MATH 1343 Introduction to Biostatistics (or MATH 1388 Honors)

ENGL 3342 Technical Communication

REHS 2331 Psychology of Disability

PSYC 2301 General Psychology

PSYC 3337 Developmental Psychology: Lifespan

PSYC 4313 Abnormal Psychology

ii – Free Electives – 9 hours (3 advanced minimum)**c – Free Electives – 40 hours (4 advanced)**

Choose 40 hours of free electives. Hours can be used to complete a minor and/or second major.

TOTAL CREDIT HOURS FOR GRADUATION – 120 HOURS

TOTAL ADVANCED HOURS (MINIMUM) – 42 HOURS

ADMISSION, PROGRESSION, AND GRADUATION REQUIREMENTS, if applicable:

Admission requirements

For admission, students must complete of 60 hours of course work and have junior standing.

Progression requirements

A grade of 'C' or better must be maintained in all advanced coursework.