

EXERCISE SCIENCE

Faculty: Kelly Quick, Ed.D.

The Exercise Science major program at the University allows the student to prepare for careers in health, fitness and sports professions. These include careers in corporate fitness, cardiac rehabilitation, city/county/state recreation, personal training, strength and conditioning, and coaching. With additional coursework, students may prepare for graduate study in Physical Therapy, Occupational Therapy, Chiropractic Care, and Athletic Training.

Exercise Science Program Outcomes

- Develop personal characteristics such as motivation, maturity, judgment and adaptability in exercise science as it pertains to the profession or for graduate study
- Apply functional anatomy and biomechanics to analyze and evaluate movement and for performance enhancement
- Analyze principles and research-based guidelines for nutrition, body composition, and weight management when evaluating current status and prescribing desirable changes
- Perform appropriate techniques for assessing health and fitness components and prescribing appropriate exercise programming based on these assessments
- Apply understanding of basic exercise physiology for normal populations in the areas of joint flexibility, muscular

Degree Requirements

- Bachelor Degree Requirements

Exercise Science Major (B.S.)

Code	Title	Credits
BIO 251	HUMAN ANATOMY & PHYSIOLOGY I	4
EXS 110	INTRO TO EXERCISE SCIENCE	3
EXS 275	EXERCISE AND SPORTS NUTRITION	3
EXS 305	EXERCISE PHYSIOLOGY	3
EXS 310	FITNESS ASSESSMENT METHODS	3
EXS 340	ETHICS, LAW & HLTH/FTNS PROFSN	3
EXS 411	EXERCISE PRESCRIPTION I	3
EXS 495	INTERNSHIP	3
HPE 315	KINESIOLOGY & BIOMECHANICS	3
Specialized Concentration		17-29
Total Credits Required:		45-57

All Exercise Science Majors must declare one of the concentrations listed below.

Specialized Concentrations

Pre-Clinical Concentration

Code	Title	Credits
BIO 252	HUMAN ANATOMY & PHYSIOLOGY II	4
CHM 111	GENERAL CHEMISTRY I	4
CHM 112	GENERAL CHEMISTRY II	4
PSY 212	DEVELOPMENTAL PSYCHOLOGY	3
PSY 352	ABNORMAL PSYCHOLOGY	3

Code	Title	Credits
EXS 105	MEDICAL TERMINOLOGY	2
EXS 412	EXERCISE PRESCRIPTION II	3
EXS 490	RESEARCH IN EXERCISE SCIENCE	1
or EXS 499	SENIOR THESIS IN EXS	
PHS 241	CLASSICAL & MODERN PHYSICS I	4

Total Credits Required: 28

Coaching Concentration

Code	Title	Credits
EXS 260	SPORTS PSYCHOLOGY	3
EXS 202	RACQUET AND INDIVIDUAL SPORTS	2
EXS 203	TEAM SPORTS	2
EXS 350	COACHING CERTIFICATION	2
HPE 252	MOA OFFICIATING CERT COURSE	1
HPE 405	PREV & CARE-ATH INJURIES	3
PSY 396	CHILD ABUSE AND NEGLECT	3
Choose 3 from the following:		3

EXS 281	COACHING GOLF	
EXS 282	COACHING RACQUET SPORTS	
EXS 283	COACHING WEIGHT TRAINING	1
EXS 284	COACHING TRACK/FIELD/XCOUNTRY	
EXS 285	COACHING WRESTLING	
EXS 286	COACHING BASEBALL/SOFTBALL	
EXS 287	COACHING BASKETBALL	
EXS 288	COACHING FOOTBALL	
EXS 289	COACHING SOCCER	
EXS 290	COACHING VOLLEYBALL	

Total Credits Required: 20

Strength and Conditioning Concentration

Code	Title	Credits
EXS 260	SPORTS PSYCHOLOGY	3
EXS 283	COACHING WEIGHT TRAINING	1
EXS 325	ADV STRENGTH & CONDITIONING	3
EXS 412	EXERCISE PRESCRIPTION II	3
HPE 112	WEIGHT TRNG & PERSONAL FITNESS	1
HPE 188	PERSONAL HEALTH	3
HPE 405	PREV & CARE-ATH INJURIES	3

Total Credits Required: 17

Personal Training Concentration

Code	Title	Credits
BUS 240	LEADERSHIP & MANAGEMENT	3
BUS 260	MARKETING	3
EXS 202	RACQUET AND INDIVIDUAL SPORTS	2
EXS 203	TEAM SPORTS	2
EXS 260	SPORTS PSYCHOLOGY	3
EXS 325	ADV STRENGTH & CONDITIONING	3
EXS 412	EXERCISE PRESCRIPTION II	3
HPE 188	PERSONAL HEALTH	3

Total Credits Required: 22

Pre-Athletic Training Concentration

Code	Title	Credits
BIO 252	HUMAN ANATOMY & PHYSIOLOGY II	4
BIO 271	BASIC AND CLINICAL NUTRITION	3
CHM 111	GENERAL CHEMISTRY I	4
EXS 201	SAFETY, FIRST AID, & CPR	2
EXS 260	SPORTS PSYCHOLOGY	3
EXS 283	COACHING WEIGHT TRAINING	1
EXS 325	ADV STRENGTH & CONDITIONING	3
HPE 405	PREV & CARE-ATH INJURIES	3
MTH 108	ELEMENTARY STATISTICS	3
PSY 200	GENERAL PSYCHOLOGY	3

Total Credits Required: 29

Exercise Science Minor

Code	Title	Credits
BIO 251	HUMAN ANATOMY & PHYSIOLOGY I	4
EXS 110	INTRO TO EXERCISE SCIENCE	3
EXS 275	EXERCISE AND SPORTS NUTRITION	3
EXS 305	EXERCISE PHYSIOLOGY	3
EXS 411	EXERCISE PRESCRIPTION I	3
HPE 315	KINESIOLOGY & BIOMECHANICS	3
EXS 2XX	EXS elective at 200+ level	3

Total Credits Required: 22

Pre-Clinical School Concentration

Plan Template: Exercise Science - Graduate

Description: Bachelor of Science

of Terms: 8

Term Start: Fall

Year 1		
Fall		
		Credits
COD 100	CORPS OF DISCOVERY	3
ENG 117	WRITING ESSAYS	3
CHM 111	GENERAL CHEMISTRY I	4
EXS 110	INTRO TO EXERCISE SCIENCE	3
BIO 151	GENERAL BIOLOGY I	4
Credits		17

Spring		
		Credits
CHM 112	GENERAL CHEMISTRY II	4
CPS 215	INFORMATIC LITERACY	1
BIO 152	GENERAL BIOLOGY II	4
PHL 101	WHAT DOES IT MEAN TO BE HUMAN	3

Select one of the following: 1

CPS 140	ESSENTIALS OF SPREADSHE	
CPS 141	ESSENTIALS OF WORD PROCESSING	
CPS 142	ESSENTIALS OF PRESENTAT	

Credits 13

Year 2

Fall

BIO 251	HUMAN ANATOMY & PHYSIOLOG' I	4
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EXS 340 or EXS 275	ETHICS, LAW & HLTH/FTNS PROFSN or EXERCISE AND SPORTS NUTRITION	3
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TRL 201	INTRODUCTI TO THEOLOGY	3
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PSY 200	GENERAL PSYCHOLOGY	3
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MTH 110	PRECALCUL I	4
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Credits 17

Spring

BIO 252	HUMAN ANATOMY & PHYSIOLOG' II	4
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MTH 108	ELEMENTARY STATISTICS	3
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HPE 315	KINESIOLOG & BIOMECHAN	3
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ILC 330	WHAT IS TRUTH	4
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PHL 301	ETHICS	3
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MTH 120	PRECALCULUS II	4
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Credits 21

Year 3

Fall

EXS 305	EXERCISE PHYSIOLOGY	3
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PSY 212	DEVELOPME PSYCHOLOG	3
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MTH 241	CALCULUS I	4
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EXS 340 or EXS 275	ETHICS, LAW & HLTH/FTNS PROFSN or EXERCIS AND SPORTS NUTRITI	3
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PHS 241	CLASSICAL & MODERN PHYSICS I	4
Credits		17
Spring		
EXS 310	FITNESS ASSESSMENT METHODS	3
PSY 352	ABNORMAL PSYCHOLOG	3
EXS 495	INTERNSHIP	3
PHS 300	CLASSICAL & MODERN PHYSICS II	4
Credits		13
Year 4		
Fall		
EXS 411	EXERCISE PRESCRIPTI I	3
ENG 215	INTRO TO LITERARY STUDIES	3
TRL 301	THE CHRISTIAN LIFE	3
FA	Fine Arts	3
SS	Social Science	3
Select one of the following:		3
HST 102	GLOBAL HISTORY II	
HST 203	UNITED STATES HISTORY I	
HST 204	UNITED STATES HISTORY II	
Credits		18
Spring		
EXS 412	EXERCISE PRESCRIPTI II	3
ILC 350	WHAT IS THE COMMON GOOD	4
ENG 300-319	Upper Division English or WAC	3
General Elective		3
Credits		13
Total Credits Required:		129

Coaching Concentration

Plan Template: Exercise Science - Coaching

Description: Bachelor of Science

of Terms: 8

Term Start: Fall