
























APPLIED EXERCISE PHYSIOLOGY, EMPHASIS

 - General Education Course

 - Milestone course: a key success marker for your major. See your advisor to discuss the importance of this course in your plan of study.

The Core Curriculum is designed to foster critical thinking skills and introduce students to basic domains of thinking that transcend disciplines. The Core applies to all majors. Information on specific classes in the Core can be found at <https://www.marshall.edu/gened/>.

Course Requirements

Code	Title	Credit Hours
Core Curriculum		
<i>Core 1: Critical Thinking</i>		
FYS 100	First Yr Sem Critical Thinking	3
HS 200  	Comp Medical Terminology (CT)	3
PSY 201  	Introductory Psychology (CT)	3
<i>Core 2</i>		
ENG 101  	Beginning Composition	3
ENG 201 	Advanced Composition	3
CMM 207 	Bus & Prof Communication	3
		
BSC 228   & BSC 228L 	Human Physiology and Human Physiology Lab	5
	Core II Mathematics	3
	Core II Humanities	3
	Core II Fine Arts	3
PSY 201  	Introductory Psychology (CT)	3
<i>Additional University Requirements</i>		
	Writing Intensive (Core II Humanities)	3
	Writing Intensive	3
	Multicultural/International (Core II Humanities)	3
ESS 491 	Internship Exercise Science (Capstone)	6
Major-Specific		
BSC 227 	Human Anatomy	4
DTS 210	Nutrition	3
ESS 215	Intro to Exercise Science	3
ESS 345	Exercise Physiology	3
ESS 375 	Fitness Assess & Exerc Prescr	3
ESS 386	Adult Fitness	3
ESS 442	Princ of Strength & Cond	3
ESS 443	Prin of Strength Cond Lab	1
ESS 478	Energy Sources Body Comp	3
ESS 491 	Internship Exercise Science ¹	6
HS 200  	Comp Medical Terminology (CT)	3
HS 222 	Hlth Prov First Aid/CPR/AED	3

HS 365	Functional Kinesiology	3
PSY 223 	Elem Behavioral Stat	3
PSY 440	Physiological Psychology	3
PSY 311	Child Development	3
or PSY 312	Adult Development	
<i>Ethics Course</i>		
Select one of the following:		3
STHM 401	Ethics in Sport	3
PHL 202 	Ethics of Health Care (CT)	
PHL 302	Applied Ethics	
PHL 303	Ethics	
Pre-requisite or Free Elective		3
Free Elective		3
Free Elective		3
Free Elective		2
Free Elective		2
Area of Emphasis-Specific		
CHM 205	General, Organic, and Biochem	3
CMM 207 	Bus & Prof Communication	3
MKT 340	MKT Concepts and Applications ²	3
MGT 320	Principles of Management ²	3
MGT 350	Health Care Management ²	3
MGT 354	Health Care Delivery Systems ²	3
ENT 360		3
PHY 101 	Conceptual Physics	3
PHY 101L 	Conceptual Physics Lab	1

¹ Must be at least senior status into the summer of the last academic year and must have completed ESS 375 Fitness Assess & Exerc Prescr prior to starting the internship experience (completions of ESS 386 Adult Fitness, ESS 442 Princ of Strength & Cond, and ESS 443 Prin of Strength Cond Lab are strongly recommended).


² Five required courses, MKT 340; MGT 320, 350, 354, and ENT 360, can be replaced by Minor in Sport Management requirement courses STHM 250, 380, and 410 and 2 from [STHM 381, 401, 403, 416, 470].

Major Information

- Students are required to know and track their degree requirements for graduation or for entrance to a professional school.
- Course offerings and course attributes are subject to change semesters. Please consult each semester's schedule of courses for availability and attributes.
- A grade of C or better on all required coursework is required for graduation.
- Courses listed in "Area of Emphasis Specific" are suggested courses. Students should discuss with advisor and select courses based on their career interests.
- Students may need to take extra courses to satisfy prerequisites.
- Graduation Requirements:
 - A minimum of 120 credit hours;
 - A minimum grade of C in Exercise Science core courses; and
 - A minimum GPA of 2.5 in Exercise Science core courses. (Exercise Science majors must maintain the minimum 2.5 GPA)

in Exercise Science core courses after the first semester in which they are enrolled.)

 - General Education Course





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Semester Plan






Exercise Science is a scientific program of study that focuses on the anatomy, physiology, biochemistry, and biophysics of human movement, and applications to exercise and therapeutic rehabilitation. Examples of coursework include instruction in clinical exercise physiology, exercise physiology, biomechanics, fitness assessment and exercise prescription, energy metabolism, and strength and conditioning. Exercise Science prepares qualified professionals for employment in health and fitness centers, hospital based health and wellness programs, corporate based health and wellness programs, cardiac rehabilitation, strength and conditioning, and allied health areas.

First Year

First Semester


CMM 207 	Bus & Prof Communication	3
		
ENG 101  	Beginning Composition	3
FYS 100	First Yr Sem Critical Thinking	3
ESS 215	Intro to Exercise Science	3
Core II Mathematics		3
UNI 100	Freshman First Class	1
Credit Hours		16

Second Semester





HS 200  	Comp Medical Terminology (CT)	3
ENG 201 	Advanced Composition	3
PSY 201  	Introductory Psychology (CT)	3
Pre-requisite or Free Elective		3
Core II Humanities (WI, MC/I)		3
Credit Hours		15

Second Year

First Semester

BSC 227  & BSC 227L	Human Anatomy and Human Anatomy Lab	5
Core II Fine Arts		3
Writing Intensive		3
MGT 320	Principles of Management	3
MKT 340	MKT Concepts and Applications	3
Credit Hours		17




Second Semester

HS 222 	Hlth Prov First Aid/CPR/AED	3
BSC 228   & BSC 228L 	Human Physiology and Human Physiology Lab	5
CHM 205	General, Organic, and Biochem	3
Free Elective		3


Free Elective	3	
Credit Hours		17

Third Year

First Semester

DTS 210	Nutrition	3
ESS 345	Exercise Physiology	3
PSY 223 	Elem Behavioral Stat	3
PHY 101 	Conceptual Physics	3
PHY 101L 	Conceptual Physics Lab	1
Free Elective		2
Credit Hours		15

Second Semester


ESS 375 	Fitness Assess & Exerc Prescr	3
ESS 386	Adult Fitness	3
HS 365	Functional Kinesiology	3
MGT 350	Health Care Management	3
ENT 360		3
Credit Hours		15

Fourth Year

First Semester

ESS 478	Energy Sources Body Comp	3
Ethics Course		3
MGT 354	Health Care Delivery Systems	3
PSY 311 or PSY 312	Child Development or Adult Development	3
Free Elective		2
Free Elective		2
Credit Hours		16

Second Semester

PSY 440	Physiological Psychology	3
ESS 491 	Internship Exercise Science	1-12
ESS 442	Princ of Strength & Cond	3
ESS 443	Prin of Strength Cond Lab	1
Free Elective		3
Credit Hours		11-22
Total Credit Hours		122-133