


EXERCISE SCIENCE, B.S.

 - 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.

Major

Courses in this category **may not** be completed under the credit/non-credit option.

A. Core Curriculum

B. Exercise Science Professional Core 79 hours

Code	Title	Credit Hours
BSC 227	Human Anatomy	4
BSC 228 	Human Physiology	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 (minimum 6 credit hours required; maximum 12 credit hours)	6-12
HS 200 	Comp Medical Terminology (CT)	3
HS 222	Hlth Prov First Aid/CPR/AED	3
HS 365	Functional Kinesiology	3
PSY 201 	Introductory Psychology (CT)	3
PSY 223 	Elem Behavioral Stat	3
PSY 440	Physiological Psychology	3
Any 3-credit-hour developmental course		3
Any 3-credit-hour ethics course		3
Any 3-credit hour free elective		3

C. Area of Emphasis (Students must choose one)

1. Clinical Exercise Physiology
2. Applied Exercise Physiology

Other Requirements

D. Core Curriculum

E. 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).

F. Graduation Requirements:

- a. An overall cumulative minimum GPA of 2.50
- b. A C or better on all required coursework
- c. Minimum 120 semester hours

Options

All students who complete this undergraduate program are eligible to take the following exams:

- The Certified Strength and Conditioning Specialist (CSCS)
- The ACSM certifications:
 - Personal Trainer
 - Health Fitness Specialist