

Exercise Science Major

Degree Type

Major

A total of 56 hours. Grades of "C-" or better required.

Required

Common Core 42 hours

Item #	Title	Credits
BI131	HUMAN NUTRITION	4
BI203	HUMAN BIOLOGY	4
HS344	HUMAN ANATOMY	4
SM130	FIRST AID AND CPR	1
XS130	INTRODUCTION TO EXERCISE SCIENCE	2
XS232	EXERCISE SCIENCE SEMINAR: PROFESSIONAL ORGANIZATIONS AND DEVELOPMENT	1
XS285	FIELD EXPERIENCE IN EXERCISE SCIENCE	1
XS332	EXERCISE SCIENCE SEMINAR: ETHICS	1
XS340	KINESIOLOGY	4
HS345	HUMAN PHYSIOLOGY	4
XS355	PHYSIOLOGY OF EXERCISE	4
XS365	EXERCISE TESTING AND PRESCRIPTION	4
XS432	EXERCISE SCIENCE SEMINAR: PROFESSIONAL BEST PRACTICES	1
XS485	FIELD EXPERIENCE IN EXERCISE SCIENCE	1-10
XS496	SENIOR EXERCISE SCIENCE THESIS	4

Required

14 hours from the following.

Item #	Title	Credits
BI230	BIOLOGICAL SCIENCES I	4
BI231	BIOLOGICAL SCIENCES II	4
CH230	PRINCIPLES OF CHEMISTRY I	4
CH231	PRINCIPLES OF CHEMISTRY II	4
HP100	PERSONAL WELLNESS	2
HP230	PRINCIPLES OF COACHING	4
MT131	INTRODUCTION TO STATISTICS	4
PH230	FUNDAMENTALS OF PHYSICS I	4
PH231	FUNDAMENTALS OF PHYSICS II	4
PY130	INTRODUCTION TO PSYCHOLOGY	4
PY231	DEVELOPMENTAL PSYCHOLOGY	4
PY433	ABNORMAL PSYCHOLOGY	4
SM230	INTRODUCTION TO SPORT MANAGEMENT	4
SM333	MORAL AND ETHICAL REASONING IN SPORT	2
SM440	LEADERSHIP IN SPORT	4
SY130	INTRODUCTION TO SOCIOLOGY	4
XS231	MEDICAL TERMINOLOGY	4
XS331	EXERCISE AND SPORT NUTRITION	4
XS342	PRINCIPLES OF PHYSICAL TRAINING	2
XS360	BIOMECHANICS	2
XS363	STRENGTH AND FITNESS PROGRAMMING	2
XS440	PRINCIPLES OF ATHLETIC TRAINING/DRUG ABUSE & POLICY MAKING	2

Recommended prerequisites for Physical Therapy – [BI230](#), [BI231](#), [CH230](#), [CH231](#), [PH230](#), [PH231](#), [PY130](#), [XS231](#)

Recommended prerequisites for Occupational Therapy – [MT131](#), [PY130](#), [PY231](#), [PY433](#), [XS231](#)

Recommended prerequisites for Athletic Training – [CH230](#), [HP100](#), [MT131](#), [PH230](#), [XS231](#)

Recommended for Personal Training or Strength & Conditioning Certification – [HP230](#), [PY130](#), [XS331](#), [XS360](#), [XS363](#)

The Exercise Science curriculum is also for students who plan on a career in Medicine, Chiropractic, Physician Assistant, Cardiovascular/Respiratory Therapy, Nursing, and Dietetics.

Students will work with their advisor to develop a plan that best suits the student's needs. Additional courses may be needed or lesser may be taken depending on specific Graduate/Professional school requirements.

Total Credits

104

Includes 48.00 Credits of [General Education](#)