

# EXERCISE SCIENCE

**College .....Arts and Science**

**Academic Award .....Bachelor of Arts, Bachelor of Science**

**Credits Required .....125 semester credits**

**Coordinator.....Kristi Brodin**

*The Bachelor of Arts and Bachelor of Science in Exercise Science prepare students with the essential knowledge and skills to enter careers as health, fitness, and human performance specialists. The degree emphasize a strong core of scientific understanding of the human body and its systems as they relate to general health and wellness, fitness, and performance enhancement.*

## Objectives

Students who successfully complete the program of study in exercise science will:

- Demonstrate the ability to use the scientific method to ask relevant questions, formulate hypotheses, collect data, present and evaluate results relative to the hypotheses.
- Collect and use data to produce written reports and verbally inform clients about the status of their health and fitness, and strategic plans for improving it.
- Demonstrate effective use of appropriate technology in evaluating health and fitness, and in designing fitness and performance programs.

- Demonstrate proficiency in the scientific constructs underlying sound training design for enhancing personal fitness and performance.
- Demonstrate a personal program of fitness and wellness applying the elements of exercise science in sustained practice.
- Articulate a personal health and fitness orientation and professional code of conduct for engaging other humans in fitness and performance enhancement that reflects a sound Christian understanding of health and fitness and the dignity of every human person.

## Entrance to Major

- Students should contact the College of Arts and Science for Entrance to Major criteria.

# EXERCISE SCIENCE (BA) – MAJOR

## CORE CURRICULUM REQUIREMENTS -----60

### **Bible and Theology ..... 12**

BIBL	1103	Old Testament History and Literature .....	3
BIBL	1203	New Testament History and Literature.....	3
THEO	1213	Christian Thought .....	3
THEO	2323	Jesus the Messiah.....	3

### **Written and Verbal Communications ..... 9**

ENGL	1013	Composition I: Expository Writing .....	3
ENGL	1023	Composition II: Rhetoric and Research Writing.....	3
COMM	1213	Fundamentals of Speech Communication .....	3

### **Humanities ..... 9**

- 6 credits in this area must be from Writing Practice courses\* (*see course descriptions for applicability*)
- |      |      |                             |   |
|------|------|-----------------------------|---|
| ENGL | xxx3 | Any Literature course ..... | 3 |
| HIST | xxx3 | Any Course in History ..... | 3 |
- 3 additional credits selected from the following.....3
- Art (ARTE), Bible (BIBL), Drama (DRAM), English (ENGL),  
History (HIST), Language (LANG), Music (MUSI), or Theology (THEO)

### **Social Sciences ..... 9**

- 6 credits in this area must be from Writing Practice courses\* (*see course descriptions for applicability*)
- Select a minimum of two disciplines from the following:
- Business Administration (BUSM), Communication (except COMM 1213), Economics, Education (EDUC),  
Geography (GEOG), Health & Fitness (PEDU), Management (BMGT), Marketing (BMKT), Philosophy  
(PHIL), Political Science (PSCI), Psychology (PSYC), or Sociology/Anthropology (SOCI)

### **Science and Mathematics ..... 7**

MATH	xxxx	College-level Mathematics .....	3
SCIE	xxxx	Science course with Lab .....	4

### **Formation and Calling ..... 6**

UCOR	1043	Faith in Society .....	3
UCOR	1052	Identity and Vocation .....	2
UCOR	4791	Faith Integration .....	1

### **Core Electives ..... 8**

*Any college-level courses*

# EXERCISE SCIENCE (BA) – MAJOR

**PRE-MAJOR/FOUNDATIONS REQUIREMENTS-----26**

*Pre-Major/Foundation requirements may be applied to the Core Curriculum requirements or General Electives*

*Social Sciences*

PSYC 1013 General Psychology .....3

*Mathematics*

MATH 2003 Introduction to Statistics .....3

*Science*

Select one Biology course with lab: .....4

SCIE 1103/1 Principles of Biology w/lab

SCIE 2053/1 General Biology I w/lab

*Electives*

Select one Chemistry w/lab sequence:.....8

SCIE 1203/1 Survey of Chemistry I w/lab

SCIE 1213/1 Survey of Chemistry II w/lab

*Or*

SCIE 1333/1 General Chemistry I w/lab

SCIE 1343/1 General Chemistry II w/lab

SCIE 2203/1, 2213/1 Human Anatomy and Physiology I/II w/labs .....8

**EXERCISE SCIENCE MAJOR REQUIREMENTS -----41**

EXCS 1032 Principles of Health and Wellness .....2

EXCS 1071 Responding to Emergencies .....1

EXCS 2003 Fundamentals of Kinesiology .....3

EXCS 2093 Nutrition for Sports and Exercise .....3

EXCS 3273 Athletic Injury Management and Treatment.....3

EXCS 3353 Biomechanics and Motor Learning.....3

PEDU 1061 Weight Training.....1

PEDU 1051 Aerobics.....1

PEDU 1xx1 Physical Activity Electives .....2

*Varsity Sports may count for two credits maximum*

EXCS 3573 Physiology of Exercise .....3

EXCS 3583 Psychology of Exercise and Fitness.....3

EXCS 3951 Practicum.....1

EXCS 4533 Testing and Measurement.....3

EXCS 4553 Fitness Programming and Exercise Prescription .....3

EXCS 4633 Fitness and Wellness for Special Populations .....3

EXCS 4933 Professional Issues in Exercise Science.....3

EXCS 4942 Internship .....3

**GENERAL ELECTIVES ----- 0-24**

*Any college-level courses*

# EXERCISE SCIENCE (BS) – MAJOR

**CORE CURRICULUM REQUIREMENTS ----- 43**

**Bible and Theology ..... 12**

BIBL	1103	Old Testament History and Literature .....	3
BIBL	1203	New Testament History and Literature.....	3
THEO	1213	Christian Thought .....	3
THEO	2323	Jesus the Messiah.....	3

**Written and Verbal Communications ..... 9**

ENGL	1013	Composition I: Expository Writing .....	3
ENGL	1023	Composition II: Rhetoric and Research Writing.....	3
COMM	1213	Fundamentals of Speech Communication .....	3

**Humanities ..... 3**

3 credits in this area must be from Writing Practice courses\* (*see course descriptions for applicability*)  
 3 additional credits selected from the following.....3  
     Art (ARTE), Bible (BIBL), Drama (DRAM), English (ENGL),  
     History (HIST), Language (LANG), Music (MUSI), or Theology (THEO)

**Social Sciences ..... 6**

6 credits in this area must be from Writing Practice courses\* (*see course descriptions for applicability*)  
 Select a minimum of two disciplines from the following:  
     Business Administration (BUSM), Communication (except COMM 1213), Economics, Education (EDUC),  
     Geography (GEOG), Health & Fitness (PEDU), Management (BMGT), Marketing (BMKT), Philosophy  
     (PHIL), Political Science (PSCI), Psychology (PSYC), or Sociology/Anthropology (SOCI)

**Formation and Calling ..... 5**

UCOR	1043	Faith in Society .....	3
UCOR	1052	Identity and Vocation .....	2
UCOR	4791	Faith Integration .....	***

\*\*\* *Content met in SCIE 3332 – Integration and Development*

**Core Electives ..... 8**

*Any college-level courses*

# EXERCISE SCIENCE (BS) – MAJOR

**EXERCISE SCIENCE FOUNDATION REQUIREMENTS ----- 38**

MATH	2003	Introduction to Statistics .....	3
PSYC	1013	General Psychology .....	3
SCIE	1333/1	General Chemistry I w/lab .....	4
SCIE	1343/1	General Chemistry II w/lab .....	4
SCIE	1283/1	Physics I .....	4
SCIE	1293/1	Physics II .....	4
SCIE	2053/1	General Biology I w/lab .....	4
SCIE	2063/1	General Biology II w/lab .....	4
SCIE	2203/1	Human Anatomy and Physiology I w/lab .....	4
SCIE	2213/1	Human Anatomy and Physiology II w/lab .....	4

**EXERCISE SCIENCE MAJOR REQUIREMENTS ----- 40**

EXCS	1032	Principles of Health and Wellness .....	2
EXCS	1071	Responding to Emergencies .....	1
EXCS	2003	Fundamentals of Kinesiology .....	3
EXCS	2093	Nutrition for Sports and Exercise .....	3
EXCS	3273	Athletic Injury Management and Treatment .....	3
EXCS	3353	Biomechanics and Motor Learning .....	3
PEDU	1061	Weight Training .....	1
PEDU	1051	Aerobics .....	1
PEDU	1xx1	Physical Activity Electives .....	2
<i>Varsity Sports may count for two credits maximum</i>			
EXCS	3573	Physiology of Exercise .....	3
EXCS	3583	Psychology of Exercise and Fitness .....	3
EXCS	3951	Practicum .....	1
EXCS	4533	Testing and Measurement .....	3
EXCS	4553	Fitness Programming and Exercise Prescription .....	3
EXCS	4633	Fitness and Wellness for Special Populations .....	3
EXCS	4922	Research in Exercise Science .....	2
EXCS	4943	Internship .....	3

**GENERAL ELECTIVES ----- 4**

*Any college-level courses*