

# Exercise Science Major (EXS)

Exercise Science borrows from many parent disciplines in the natural and social sciences in order to understand the phenomenon of exercise and human movement activities, ranging from sport training to injury rehabilitation. Graduates typically work in corporate fitness, cardiac rehabilitations, YMCAs, community recreation programs, commercial health clubs, and other settings. Other graduates have entered graduate programs in physical therapy, nutrition, athletic training, occupational therapy, biomechanics, and exercise physiology. A major and minor are offered in this area.

Graduates of the majors offered in the Kinesiology and Health Science department will demonstrate:

- a basic understanding of the physiological, anatomical, and mechanical foundations of movement;
- a basic understanding of human anatomy and physiology;
- foundational knowledge pertaining to the subdisciplines and career areas associated with kinesiology;
- the understanding of health as a multidimensional concept with a focus on personal health;
- the fundamental understanding of nutrition as it applies across the lifespan;
- knowledge of normal and abnormal psychological responses to stressors and appropriate coping strategies;
- knowledge and skill of evaluative tools used in the field of kinesiology;
- knowledge of physiological responses to exercise; and
- a basic understanding of research techniques used in the field of kinesiology and health.

For the course descriptions for Exercise Science, please see Kinesiology and Health Studies.

Degree Type: Bachelor of Science (BS)

Program Contact: Associate Professor Karla Francioni

**Department:** Exercise Science

**Type:** B.S.

Core Courses	31 hours
Required Course Selections	1 hours
Elective Courses	9 hours
Allied Courses	6-7 hours
Optional Personal Training Track	6 hours
Exercise Science Major Leading to PE and/or Health Certification	15 hours
P.E. Certification Track	
Health Certification Track	
P.E. and Health Certification Track	
Total	47-48

## Core Courses

Item #	Title	Credit Hour(s)
KHS214	Foundations of Kinesiology	3
KHS220	Personal Health	3
KHS304	Anatomy for Allied Health	4
KHS306	Physiology for Allied Health	3
KHS320	Nutrition	3
KHS322	Functional Anatomy and Biomechanics	3
KHS400	Psycho-social Issues in Kinesiology and Health Studies	3
KHS410	Measurement and Evaluation in Kinesiology	3
KHS423	Physiology of Exercise	3
KHS452	Senior Seminar in Kinesiology and Health Science	3

## Required Course Selections

Select one of the following:

Item #	Title	Credit Hour(s)
KHS111	Conditioning Activities	1
KHS113	Archery	1
KHS125	Yoga and Functional Movement	1
KHS170	Introductory Topics in Physical and Recreational Activities	1

## Elective Courses

Select an additional nine hours in KHS courses. At least six hours must be from 300-400 level courses.

## Allied Courses

Item #	Title	Credit Hour(s)
	PSY211 or MAT111	3
	BIO100 or BIO111	3-4

## Optional Personal Training Track

The Personal Training Track requires students to complete the same Core Courses, Required Course Selections, and Allied Courses as the regular Exercise Science major. Instead of six hours of Elective Courses, students must complete the following:

### Additional Core Courses

Item #	Title	Credit Hour(s)
KHS413	Personal Training	3
KHS460	Internship in Kinesiology and Health Studies	1-6

## Exercise Science Major Leading to PE and/or Health Certification

Exercise Science majors wishing to complete a Master of Arts in Education with certification in P.E., Health, or P.E. and Health are required to complete the same Core courses and Allied courses as the regular Exercise Science major. Instead of the Required Course Selections and Elective Courses listed above, students must complete the following additional Core Courses and select one of the following tracks.

### Additional Core Courses

Item #	Title	Credit Hour(s)
KHS180	First Aid and CPR	3
KHS185	Introductory Athletic Training and Sports Medicine	3
KHS310	Healthcare Administration	3
KHS324	Environmental Health	3
KHS405	Health Behavior Modification	3

### P.E. Certification Track

Item #	Title	Credit Hour(s)
KHS230	Health and Physical Education in the Elementary School	3

### Health Certification Track

Item #	Title	Credit Hour(s)
KHS435	Research in Kinesiology and Health Studies	3

### P.E. and Health Certification Track

Item #	Title	Credit Hour(s)
KHS230	Health and Physical Education in the Elementary School	3
KHS435	Research in Kinesiology and Health Studies	3
<b>Total credits:</b>		<b>47-48</b>