Exercise Science

The vision of the Department of Human Performance, Sport, and Health is "preparing and empowering future professionals to promote physical activity, health, and sport."

The mission of the Department of Human Performance, Sport, and Health is "to provide students with opportunities to excel through purposeful experiences resulting in skills, including leadership, communication, use of technology, and appreciation of individual differences. Through our programs, students develop an appreciation of the contributions of physical activity, wellness, and sport to society."

The Exercise Science program prepares students for graduate work in exercise science–related areas, as well as in areas such as physical therapy, occupational therapy, medicine, chiropractic, and other allied health fields. Students entering the job market with an undergraduate degree in exercise science generally work with corporate and community fitness programs, health clubs, and similar fitness-related industries. The program may also be chosen by students who are interested in coaching but do not wish to teach in public elementary or secondary schools.

The Department of Human Performance, Sport, and Health offers minors and a coaching specialist program that provide students with the skills and expertise to work in health clubs, coach teams, or teach special needs students. Also, in addition to offering a variety of activities classes that enhance students' liberal education, the department works with Campus Recreation and Athletics to offer a broad range of learning experiences.

Programs

- Exercise Science, B.S. major
- Exercise Science minor

Exercise Science, B.S. major

Required Credits: 67
Required GPA: 2.25

I REQUIRED COURSES

COMPLETE THE FOLLOWING COURSES:

- BIOL 1211 Introductory Biology I (4 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3300 Nutrition (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- HLTH 4410 Health Programming (4 credits)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3120 Psychology of Sport I (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)
- PHED 4160 Personal Trainer: Aerobic Exercise (3 credits)
- PHED 4170 Personal Trainer: Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects Of Sport (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
or SOC 3001 Social Statistics (3 credits)

COMPLETE THE FOLLOWING COURSE:

- PHED 4920 Directed Group Study (1 credit)

SELECT 1 COURSE:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 General Chemistry II (4 credits)

SELECT 1 COURSE:

- PHYS 2101 General Physics I (4 credits)
- PHYS 2102 General Physics II (4 credits)

II REQUIRED ELECTIVES

SELECT 3 COURSES FROM THE FOLLOWING IN CONSULTATION WITH YOUR ADVISOR:

- BIOL 1212 Introductory Biology II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3700 Disease Identification, Prevention, and Control (2 credits)
- HLTH 4220 Epidemiology (2 credits)
- HLTH 4320 Health Care Policy and Law (3 credits)
- PHED 3509 Sport Event Management (2 credits)
- PHED 3509 First Aid and CPR/AED (3 credits)
- PHED 3509 Motor Development (2 credits)
- PHED 3509 Motor Learning (2 credits)
- PHED 3509 Psychology of Sport I (2 credits)
- PHED 3509 Personal Trainer: Aerobic Exercise (3 credits)
- PHED 3509 Personal Trainer: Strength and Speed Training Exercise (3 credits)
- PHED 3509 Legal Aspects Of Sport (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
or SOC 3001 Social Statistics (3 credits)

Career Directions

- Aquatic Specialist
- Athletic Coaching
- Industrial Fitness
- Personal Trainer
- Strength and Conditioning Specialist
- Also: Graduate Study and Professional Programs

Preparation

Recommended High School Courses

- Biology
- Chemistry
- Coaching
- Exercise Science
- Health
- Life Sciences
- Physical Education
- Sports
- Wellness

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• PSY 1100 Introductory Psychology (4 credits)
• PSY 2217 Abnormal Psychology (4 credits)
• PSY 2237 Lifespan Development (4 credits)
• SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
• CHEM 1112 General Chemistry II (4 credits)
• PHYS 1102 General Physics II (4 credits)
• PHED 2102 Physics II (5 credits)

III REQUIRED PRACTICAL EXPERIENCE

COMPLETE THE FOLLOWING COURSE, UP TO 6 CREDITS:

• PHED 4970 Internship (1-12 credits)

SUGGESTED SEMESTER SCHEDULE FOR EXERCISE SCIENCE MAJOR, B.S.

Students are encouraged to take the required Exercise Science, B.S. courses in approximate numerical order. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions. Students are encouraged to consult the course descriptions for prerequisites.

The following Liberal Education courses are recommended for students majoring in Exercise Science: PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation, PSY 1100 Introductory Psychology, SOC 1104 Introduction to Sociology, and SPCM 1090 Interpersonal Communication (or SPCM 1100 Public Speaking).

Freshman

• BIOL 1211 Introductory Biology I (4 credits)
• CHEM 1111 General Chemistry I (4 credits)
• PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
• PSY 1100 Introductory Psychology (4 credits)
• SOC 1104 Society and Social Issues (3 credits)
• SPCM 1090 Interpersonal Communication (2 credits)
• SPCM 1100 Public Speaking (3 credits)
• Liberal Education requirements

Sophomore

• BIOL 2110 Human Anatomy and Physiology (5 credits)
• HLTH 2100 First Aid and CPR/AED (1 credit)
• PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
• PHED 3100 Motor Development (2 credits)
• PHED 3110 Motor Learning (2 credits)
• PHED 3190 Athletic Training (2 credits)
• PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)
• PHYS 1101 General Physics I (4 credits)
• PHYS 2101 Physics I (5 credits)
• Liberal Education requirements

Junior

• HLTH 3300 Nutrition (3 credits)
• HLTH 3400 Health and Drugs in Society (2 credits)
• PHED 3120 Psychology of Sport (2 credits)
• PHED 3200 Introduction to Sport Biomechanics (3 credits)
• PHED 3300 Physiology of Exercise and Nutrition (3 credits)
• PHED 4160 Personal Trainer: Aerobic Exercise (3 credits)
• PHED 4170 Personal Trainer: Strength and Speed Training Exercise (3 credits)

Exercise Science minor

Required Credits: 35
Required GPA: 2.00

REQUIRED COURSES

SELECT 1 OF THE FOLLOWING COURSES:

• BIOL 1110 Human Biology (4 credits)
• BIOL 1211 Introductory Biology I (4 credits)

COMPLETE THE FOLLOWING COURSES:

• BIOL 2110 Human Anatomy and Physiology (5 credits)
• HLTH 2100 First Aid and CPR/AED (1 credit)
• HLTH 4410 Health Programming (4 credits)
• PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
• PHED 3100 Motor Development (2 credits)
• PHED 3190 Athletic Training (2 credits)
• PHED 3200 Introduction to Sport Biomechanics (3 credits)
• PHED 3300 Physiology of Exercise and Nutrition (3 credits)
• PHED 4160 Personal Trainer: Aerobic Exercise (3 credits)
• PHED 4170 Personal Trainer: Strength and Speed Training Exercise (3 credits)
• PHED 4309 Legal Aspects Of Sport (3 credits)

COMPLETE THE FOLLOWING COURSE, for 1 credit:

• PHED 4970 Internship (1-12 credits)

Courses

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All-University Courses

The course numbers listed below, not always included in the semester class schedule, may be registered for by consent of the advisor, instructor, or department chair, or may be assigned by the department when warranted. Individual registration requires previous arrangement by the student and the completion of any required form or planning outline as well as any prerequisites.

1910, 2910, 3910, 4910 DIRECTED INDEPENDENT STUDY
1920, 2920, 3920, 4920 DIRECTED GROUP STUDY
1930, 2930, 3930, 4930 EXPERIMENTAL COURSE
1940, 2940, 3940, 4940 IN-SERVICE COURSE
1950, 2950, 3950, 4950 WORKSHOP, INSTITUTE, TOUR
1960, 2960, 3960, 4960 SPECIAL PURPOSE INSTRUCTION