

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. (Fitness Leadership and Promotion Emphasis) *major*
- Exercise Science, B.S. (Medical Fitness Emphasis) *major*
- Human Performance Minor *minor*

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

Exercise Science, B.S. *major* Fitness Leadership and Promotion Emphasis

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)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- 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 (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 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 Directed Group Study (1 credit)

SELECT 1 COURSE:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

SELECT 1 COURSE:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 Physics I (5 credits)

II REQUIRED EMPHASIS

Fitness Leadership and Promotion Emphasis

- BUAD 3361 Marketing (3 credits)
or PHED 3600 Sport Marketing (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)

- HLTH 4410 Health Programming (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)

SELECT 1 COURSE:

- PHED 4409 Sport Business Management (3 credits)
- PHED 3509 Sport Event Management (2 credits)
- PHED 3519 Sport Facility Management (2 credits)

III EMPHASIS ELECTIVES

SELECT 2 COURSES (4-11 CREDITS) FROM THE FOLLOWING WITH CONSULTATION WITH YOUR ADVISOR:

- BIOL 1212 Introductory Biology II (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
or CHEM 2212 Principles of Chemistry II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PHYS 1102 General Physics II (4 credits)
or PHYS 2102 Physics II (5 credits)
- PSY 1100 Introductory Psychology (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 3237 Lifespan Development (4 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
- NRSK 3000 OR HIGHER (2-6 CREDITS)

IV REQUIRED PRACTICAL EXPERIENCE

COMPLETE THE FOLLOWING COURSE, UP TO 6 CREDITS:

- PHED 4970 Internship:Exercise Science

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: 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
- CHEM 1111 General Chemistry I
- or CHEM 2211 Principles of Chemistry I
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport
- PSY 1100 Introductory Psychology
- SOC 1104 Introduction to Sociology
- SPCM 1090 Interpersonal Communication
- or SPCM 1100 Public Speaking
- Liberal Education requirements

Sophomore

- BIOL 2110 Human Anatomy and Physiology
- HLTH 2100 First Aid CPR/AED
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation
- PHED 3100 Motor Development
- PHED 3110 Motor Learning
- PHED 3190 Athletic Training
- PHYS 1101 General Physics I (4 credits)
- or PHYS 2101 Physics I (5 credits)

- Liberal Education requirements

Junior

- HLTH 3300 Nutrition
- PHED 3120 Psychology of Sport
- PHED 3200 Introduction to Sport Biomechanics
- PHED 3300 Physiology of Exercise and Nutrition
- PHED 4160 Advanced Fitness Assessment and Prescription - Aerobic
- PHED 4170 Advanced Principles for Strength and Speed Training
- Exercise Science Courses in Emphasis
- Exercise Science Electives

Senior

- PHED 4309 Legal Aspects of Sport, Health, and Fitness
- PHED 4920 Directed Group Study: Seminar in Exercise Science
- PHED 4970 Internship
- Exercise Science Courses in Emphasis
- Exercise Science Electives

Exercise Science, B.S. *major* Medical Fitness Emphasis

Required Credits: 65

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)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- 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 (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 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 Directed Group Study (1 credit)

SELECT 1 COURSE:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

SELECT 1 COURSE:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 Physics I (5 credits)

II REQUIRED EMPHASIS

A. Medical Fitness Emphasis

- BIOL 1300 Medical Terminology (2 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
or STAT 3660 Statistics for the Health Sciences (3 credits)

III EMPHASIS ELECTIVES

SELECT 3 COURSES (7-15 CREDITS) FROM THE FOLLOWING WITH CONSULTATION WITH YOUR ADVISOR:

NOTE: HLTH 3710 may not be used as an elective with the Medical Fitness emphasis.

- BIOL 1212 Introductory Biology II (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
or CHEM 2212 Principles of Chemistry II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PHYS 1102 General Physics II (4 credits)
or PHYS 2102 Physics II (5 credits)
- PSY 1100 Introductory Psychology (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 3237 Lifespan Development (4 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
- NRSG 3000 OR HIGHER (2-6 CREDITS)

IV REQUIRED PRACTICAL EXPERIENCE

COMPLETE THE FOLLOWING COURSE, UP TO 6 CREDITS:

- PHED 4970 Internship:Exercise Science

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: 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
- CHEM 1111 General Chemistry I
- or CHEM 2211 Principles of Chemistry I
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport
- PSY 1100 Introductory Psychology
- SOC 1104 Introduction to Sociology
- SPCM 1090 Interpersonal Communication
- or SPCM 1100 Public Speaking
- Liberal Education requirements

Sophomore

- BIOL 2110 Human Anatomy and Physiology
- HLTH 2100 First Aid CPR/AED
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation
- PHED 3100 Motor Development
- PHED 3110 Motor Learning
- PHED 3190 Athletic Training
- PHYS 1101 General Physics I (4 credits)

- or PHYS 2101 Physics I (5 credits)
- Liberal Education requirements

Junior

- HLTH 3300 Nutrition
- PHED 3120 Psychology of Sport
- PHED 3200 Introduction to Sport Biomechanics
- PHED 3300 Physiology of Exercise and Nutrition
- PHED 4160 Advanced Fitness Assessment and Prescription - Aerobic
- PHED 4170 Advanced Principles for Strength and Speed Training
- Exercise Science Courses in Emphasis
- Exercise Science Electives

Senior

- PHED 4309 Legal Aspects of Sport, Health, and Fitness
- PHED 4920 Directed Group Study: Seminar in Exercise Science
- PHED 4970 Internship
- Exercise Science Courses in Emphasis
- Exercise Science Electives

Human Performance Minor *minor*

Required Credits: 20

Required GPA: 2.00

I REQUIRED COURSES

COMPLETE THE FOLLOWING COURSES:

- BIOL 1110 Human Biology (4 credits)
or BIOL 1211 Introductory Biology I (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)

COMPLETE THE FOLLOWING COURSE:

- PHED 4970 Internship:Exercise Science (1-3 credits)

II REQUIRED OPTION

SELECT ONE OF THE FOLLOWING OPTIONS:(PHYSICAL EDUCATION

AND EXERCISE SCIENCE MAJORS MAY NOT DOUBLE COUNT COURSES IN EITHER OPTION)

Option A. Pedagogy

SELECT 3 OF THE FOLLOWING COURSES:

- PHED 2640 Water Safety Instructor (3 credits)
- PHED 3100 Motor Development (2 credits)
or PHED 3110 Motor Learning (2 credits)
- PHED 3504 Teaching Rhythms and Dance (2 credits)
- PHED 3505 Teaching Elementary Physical Education (2 credits)
- PHED 3604 Teaching Team Sports (2 credits)
- PHED 3605 Teaching Individual Sports (2 credits)
- PHED 3607 Teaching Fitness (2 credits)

Option B. Fitness and Training

SELECT 3 OF THE FOLLOWING COURSES:

- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3100 Motor Development (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3504 Teaching Rhythms and Dance (2 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Traininging Exercise (3 credits)

Courses

Warning: Invalid argument supplied for foreach() in /data/web/depoy/catalog/releases.production/2014-04-02-31fbc55/pdf/views/area.php on line 104

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
 1970, 2970, 3970, 4970 INTERNSHIP
 1980, 2980, 3980, 4980 RESEARCH
 1990, 2990, 3990, 4990 THESIS