

# Exercise Science - Fitness & Wellness

## Degree Type

B.A.

Objective: To prepare students for careers in the fields of commercial fitness, corporate wellness, or strength and conditioning, or for graduate study in a health-related field (public health, nutrition/dietetics, clinical exercise physiology, kinesiology.) Potential employment settings for Exercise Science - Fitness/Wellness graduates include:

- Corporate Fitness/Wellness Programs
- University Wellness/Adult Fitness Programs
- Hospitals/Clinics with specialties in Cardiac and/or Pulmonary Rehabilitation
- Commercial Fitness Centers
- Senior Activity Centers
- Worksite Health Promotion Programs

Item #	Title	Semester Hours
	Exercise Science - Core and Support Courses	24
BIOL 120	Integrated Anatomy and Physiology I	4
BIOL 121	Integrated Human Anatomy & Physiology II	4
	MATH 121 or MATH 124/125 or MATH 151	3-4
PSYC 102	Introduction to Psychology as a Social Science	3

## Contextual Support Area

Chosen in consultation with advisor.

Item #	Title	Semester Hours
BIOL 201	Organismal Biology	4
CHEM 111	General Chemistry I	4
EXSC 285	Research Experience in Exercise Science	1
EXSC 336	Advanced Strength & Conditioning	3
EXSC 420	Therapeutic Interventions	3
EXSC 470	Internship I	6
EXSC 471	Internship II	6
HHP 220	Prevention & Care of Athletic Injuries	3
HHP 223	Prevention, Care & Safety Education	3
HHP 231	Personal Health	3
HHP 334	Evaluation in Physical Education	3
PHIL 221	Health Care Ethics	3
PSYC 101	Introduction to Psychology as a Natural Science	4
PSYC 220	Child Development	3
PSYC 231	Lifespan Development	3
PSYC 316	Physiology Psychology	4
PSYC 318	Health Psychology	3
SOCI 105	Introduction to Sociology for Healthcare Professionals	3
SOCI 250	Food and Justice	3
SOCI 252	Sociology of Health	3
	<b>Total Credits</b>	<b>47-48</b>

## Exercise Science - Core and Support Courses

Elective Credits 24

Item #	Title	Semester Hours
EXSC 110	Introduction to Exercise Science	3
EXSC 213	Medical Terminology	3
EXSC 261X	Applied Anatomy & Kinesiology	3
EXSC 310X	Exercise Physiology	4
EXSC 370X	Nutrition	2
EXSC 410	Exercise Testing & Prescription for Spec	4
EXSC 440	Research in Exercise Science	3

## **MATH 121 or MATH 124/125 or MATH 151**

Elective Credits 3-4

Item #	Title	Semester Hours
MATH 121	College Algebra	3
MATH 124	Precalculus	3
MATH 125	Precalculus Lab	1
MATH 151	Calculus I	4