

Fitness & Wellness (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

Program: Athletic Training & Exercise Science

Type: B.A.

Entrance Requirements

- Submit a completed application;
- High School diploma or equivalent required:
No
- Age Requirement:
- Submit official high school/high school equivalent transcripts, if applicable;
- Submit official college transcripts, if applicable;
- Satisfy Placement Testing requirements.

Item #	Title	Credits
	Exercise Science - Core and Support Courses	24
BIOL 117	General Biology	4
BIOL 120	Integrated Anatomy & Physiology I	4
BIOL 121	Integrated Human Anatomy & Physiology II	4
	MATH 121 or MATH 123 or MATH 151	3-4
PSYC 102	Intro to Psy As Social Science	3
	STAT 161 or 162 or STAT 163	4

Contextual Support Area

Chosen in consultation with advisor.

Item #	Title	Credits
BIOL 201	Organismal Biology	4
CHEM 111	General Chemistry I	4
EXSC 285	Research Experience in Exercise Science	1
EXSC 330	Program Design	3
EXSC 336	Advanced Strength & Conditioning	3
EXSC 470	Internship I	6
EXSC 471	Internship II	6
HHP 220	Prevention & Care of Athletic Injuries	3
HHP 334	Evaluation in Physical Education	3
HHP 360	Social&psychological Dimensions of Sport	3
PSYC 220	Child Development	3
PSYC 231	Lifespan Development	3
Minimum Credit Hours for Graduation:		55-56