



2024-2025

### EXERCISE SCIENCE MAJOR, B.A.

Science & Health Department; Shaw School of Sciences

Exercise Science is a major with a specific emphasis on applications to exercise and health. It is a major primarily intended for students interested in non-teaching careers in exercise science, health, wellness, fitness, sports administration, and facility management and for those who wish to pursue graduate studies in a related field. The increasing emphasis on physical fitness throughout the country has opened new career opportunities for students in exercise science and related fields.

To graduate must complete all major requirements, foundational requirements, and additional electives needed for 124 hour minimum degree requirement.

#### MAJOR REQUIREMENTS (60-69) (35 Core + 25-34 Concentration)

##### Exercise Science Core (35)

__ 3	BIO	331	Human Anatomy
__ 1	BIO	333	Human Anatomy lab
__ 3	EXS	200	Foundations of Health & EXS
__ 3	EXS	350	Phys Fit Assess/Prescription
__ 3	EXS	371	Motor Learn/Develop
__ 3	EXS	381	Adv Principles Strength/Conditioning
__ 4	EXS	420	Physiology Exercise __ Lab
__ 3	EXS	428	Human Functional Anatomy
__ 4	EXS	431	Kinesiology/Biomechanics __ Lab
__ 3	EXS	435	Internship
__ 2	EXS	475	Senior Seminar
__ 3	HED	312	Nutrition for Health/Performance

##### REQUIRED CONCENTRATION (choose one):

##### EXSH - HUMAN PERFORMANCE (25)

__ 3	BIO	100	Biological Science
__ 1	BIO	101	Biological Science Lab
__ 3	BIO	252	Nutrition
__ 3	BIO	262	Human Physiology

##### Choose one CHE 100 level science + lab:

	CHE	104	Intro to Forensic Science __ Lab
	CHE	106	Science of Light & Media __ Lab
__ 4	CHE	111+113	Introductory Chemistry + Lab
	CHE	121+123	General College Chem I + Lab
	CHE	122+124	General College Chem II + Lab

__ 1	EXS	228	Practicum I
__ 1	EXS	229	Practicum II

__ 3	SPM	220	Intro Sport Management
__ 3	SPM	340	Sport Marketing
__ 3	SPM	400	Sport Law

##### Human Performance recommended electives:

BIO	341	Ethical Issues
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PSY	101	Psych & Everyday Life
PSY	201	Developmental Psychology
PSY	315	Stats for Behavioral Science

##### EXSK - KINESIOLOGY (34)

__ 3	BIO	201	General Biology I
__ 3	BIO	202	General Biology II
__ 1	BIO	203	General Biology I Lab
__ 1	BIO	204	General Biology II Lab
__ 2	BIO	341	Ethical Issues
__ 3	BIO	352	Physiology
__ 1	BIO	354	Physiology Lab
__ 3	CHE	121	Gen College Chemistry I
__ 3	CHE	122	Gen College Chemistry II
__ 1	CHE	123	Gen College Chemistry I Lab
__ 1	CHE	124	Gen College Chemistry II Lab
__ 4	MAT	181*	Calculus __ Lab
__ 4	PHY	201	Intro Physics __ Lab
__ 4	PHY	202	Intro Physics __ Lab

##### Kinesiology recommended electives:

BIO	252	Nutrition
BIO	280	Scientific/Medical Terminology
BIO	399	Intro to Bio Research
PHP	393	Health Prof Shadowing
PSY	101	Psych & Everyday Life
PSY	201	Developmental Psychology
PSY	315	Stats for Behavioral Science

##### PLUS FOUNDATIONS REQUIREMENTS (49-52)

(4 hours Science satisfied by required major courses.

\*MAT181 satisfies math requirement if EXSK is chosen.)

##### Plus electives needed for the 124 hour degree requirement (6-12)