

Exercise Science

Degree Type

Bachelor of Science

Division Dean: Dr. Bret Clark, Ph.D.

Department Chair: Dr. Lindsay Boateng, Ph.D.

Faculty: Aslynn Halvorson, MS, CSCS; Julia Hayes, M.Sc.

Requirements for the Major in Exercise Science (not including General Education Core courses)

Required Major Courses

Item #	Title	Credits
PHE 210	Personal and Community Health	3
PHE 220	Nutrition for Healthy Living	3
PHE 221	Introduction to Athletic Training: Injury, Prevention, and Care	3
PHE 255	Motor Development and Movement Education for PHE	3
EXS 330	Exercise Across the Lifespan	3
PHE 424	Kinesiology/Biomechanics	3
PHE 430	Physiology of Exercise	4

Required Exercise Science Courses

Choose one: PHE 230 or EXS 240

Item #	Title	Credits
EXS 110	Introduction to Exercise Science	3
PHE 230	Foundations of Strength and Conditioning	3
EXS 240	Exercise Diagnosis and Prescription	3
EXS 330	Exercise Across the Lifespan	3

Choose one the following Internship Course Combinations

Take either PHE 491/492 or BIO 491/492.

Item #	Title	Credits
PHE 491	Independent Study	1-3
PHE 492	Independent Study	1-3
BIO 491	Research in Biology	1-4
BIO 492	Research in Biology	1-4

Choose from the following Biology Courses

The BIO 215, 216 sequence is recommended for students who plan to attend graduate school.

Item #	Title	Credits
BIO 181	Basic Human Anatomy and Physiology	4
BIO 215	Human Anatomy and Physiology I	4
BIO 216	Human Anatomy and Physiology II	4

Choose from the following Chemistry Courses

The CHE 113, 114 sequence is recommended for students who plan to enter graduate school.

Item #	Title	Credits
CHE 105	General, Organic and Biochemistry	4
CHE 113	General Chemistry I	4
CHE 114	General Chemistry II	4

Choose one of the following Statistics Courses

Item #	Title	Credits
MAT 200	Applied Statistics	3
SSC 230	Introduction to Statistics for Social Scientists	3

Choose one of the following Exercise Science Electives

Item #	Title	Credits
PHE 229	Sports Psychology	3
PHE 302	Adaptive Physical Education	3
SPM 331	Sport Law, Ethics and Governance	3
PHY 102	Fundamentals of Physics II	4
HLT 311	Chronic and Communicable Diseases	3
PHE 480	Special Topics	3

***Sequenced courses are encouraged for students who wish to enter graduate school (ex: BIO 215/216)**

Total Credits	51
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