

EXERCISE SCIENCE MAJOR

Professor: T. Miller

Visiting Instructor: A. Gowin

Instructor: J. Arnold

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Exercise Science majors will explore the science of exercise and its role in health, fitness, and optimal sports performance. Students will prepare for careers in strength and conditioning, personal training, graduate programs, and health careers such as physical therapy, physician's assistant, nursing, and medicine. The major will include a capstone research or internship experience tailored to the student's career goals. Students are encouraged to obtain professional certifications, such as ACSM Personal Trainer or Health/Fitness Instructor certification, as appropriate.

A grade of C- or better is required in all courses used to satisfy the major requirements.

If any substitutions of waivers of requirements are allowed, please list below and initial.

Course #	Title of Course	Hours Completed	Semester Completed	Grade

MAJOR: Exercise Science

Student's Last Name	First Name	Middle Initial

Advisor Date Major Declared

Course #	Title of Course	Hours Required	Semester Completed	Grade
Required Course	s:			
BIO 114/115	Biological Processes	4		
BIO 124/125	Biodiversity	4		
<u>OR</u> BIO 100	General Biology I	4		
BIO 203	Human Anatomy*	4		
BIO 370	Physiology (BIO 203 or 322 prereq)	4		
CHM 114/115	114/115 Chemistry I			
CHM 124/125	M 124/125 Chemistry II			
HES/PSY 231	Sport Psychology	3		
HES 251	Introduction to Nutrition	3		
HES 321	Kinesiology	3		
HES 340	Exercise Physiology	3		
HES 342	Exercise Prescription	3		
	Capstone Research or Field Experience in Exercise Science	3		
	Total Hours for Major	42 hrs.		
	Optional Courses:			
HES 215	Motor Learning	3		
HES 406	Management in PE & Athletics	2		
PED 350	Theories of Adapted Physical Education	3		
*Students who r	need extra preparation for BIO 203, Human Anatomy are advised to tak	e BIO 107,	Human Biol	ogy.
A grade of C- or	better is required in all courses used to satisfy the major requirements	•		