Exercise Science: Wellness Curriculum

Bachelor of Science Degree
CIP 31.0505

University Studies Requirements ................ 44 hrs

Oral and Written Communication
ENG 105 Critical Reading, Writing, and Inquiry
COM 161 Public Speaking

Scientific Inquiry, Methodologies, and Quantitative Skills
BIO 101 Biological Concepts or
BIO 221 Zoology: Animal Form and Function
CHE 111 Essentials of Chemistry and Biochemistry or
CHE 201 General College Chemistry
MAT 140 College Algebra or higher math

World's Historical, Literacy, and Philosophical Traditions
CIV 201 World Civilization I or
CIV 202 World Civilizations II
HUM 211 Western Humanities Tradition

Global Awareness, Cultural Diversity, & the World’s Artistic Traditions
See advisor before choosing 3 hour elective.

Social and Self-Awareness and Responsible Citizenship
PHI 202 Ethics
PSY 180 General Psychology

University Studies Electives
CSC 125 Internet and Web Page Design or
CSC 199 Introduction to Information Technology
University Studies Electives (See advisor before choosing)

Designated Writing-Intensive Course
EXS 400 Research Design and Statistics for Allied Health

Designated Technology-Intensive Course
CSC 125 Internet and Web Page Design or
CSC 199 Introduction to Information Technology

Core Courses.................................................. 41 hrs
BIO 229 Human Physiology
BIO 230 Human Physiology Laboratory
EXS 099 Transitions
EXS 295 Acute Care of the Physically Active
EXS 301 Care and Prevention of Injuries
EXS 310 Exercise Concepts in Special Populations
EXS 333 Theory and Techniques in Strength and Conditioning
EXS 375 Biomechanics in Sport and Exercise
EXS 380 Sports Medicine Pharmacology
EXS 400 Research Design and Statistics for Allied Health
EXS 450 Exercise Physiology
EXS 471 Administration in Exercise Science
EXS 475 Kinesiology
EXS 485 Sport and Exercise Psychology
NTN230 Nutrition

Wellness Courses ............................................30-31
BIO 227 Human Anatomy and
BIO 228 Human Anatomy Laboratory or
EXS 250 Anatomical Concepts in Wellness
EXS 455 Exercise Prescription
EXS 460 Practicum
EXS 465 Advanced Exercise Physiology
EXS 470 Professional Experience
HEA 191 Personal Health
Career Electives (9 hours upper-level with advisor approval)

Unrestricted Electives...................................... 4-5hrs
(A minor may be substituted in place of electives.)

Total Curriculum Requirements............. 120 hrs