

# Exercise Science (BS)

## Requirements for the Bachelor of Science in Exercise Science:

In addition to the courses to complete the General Education, students will complete 28 credits of core science courses and 44 credits of course in the Exercise Science Major (EXSS) for the BS degree.

**Department:** Exercise Science

**Type:** Major

## Science Core

Item #	Title	Credits
BIOL 111	PRINCIPLES OF BIOLOGY (N)	4
BIOL 111L	LAB FOR BIOL 111	0
BIOL 264	HUMAN ANATOMY	3
BIOL 264L	LAB FOR BIOL 264	1
BIOL 265	HUMAN PHYSIOLOGY	3
BIOL 265L	LAB FOR BIOL 265	1
CHEM 121	GENERAL CHEMISTRY I (NQ)	4
CHEM 121L	LAB FOR CHEM 121	0
CHEM 122	GENERAL CHEMISTRY II (Q)	4
CHEM 122L	LAB FOR CHEM 122	0
HSCI 180	MEDICAL TERMINOLOGY	2
HSCI 321	Applied Biostatistics (Q)	3
PSYC 111	PSYCHOLOGY AS A SOCIAL SCIENCE (S)	3

## Exercise Science Core

Item #	Title	Credits
EXSS 141	INTERVENTIONAL EXERCISE	3
EXSS 358	EXER ASSESSMENT & PRESCRIPTION (P1)	3
EXSS 197	WEIGHTLIFING FOR FITNESS/PERFOR (P)	1
EXSS 245	MOTOR BEHAVIOR	3
EXSS 320	EXERCISE & SPORTS NUTRITION	3
EXSS 330	BIOMECHANICS	3
EXSS 351	EXERCISE PHYSIOLOGY (W)	4
	EXSS 380 or PSYC 235 or PSYC 305 or PSYC 307	3
EXSS 450	ADVANCED EXERCISE PHYSIOLOGY	4
EXSS 387	CLINICAL EXPERIENCE II	3
HSCI 200	SCIENCE OF HUMAN NUTRITION	3
	EXSS BS Track Electives	11

## Elective Tracks

<b>Item #</b>	<b>Title</b>	<b>Credits</b>
EXSS 350	EXERCISE IS MEDICINE (R)	3
EXSS 360	ADVANCED STRENGTH AND CONDITIONING	4

## Electives

Choose at least 8 credits including electives and one track.

<b>Item #</b>	<b>Title</b>	<b>Credits</b>
EXSS 287	CLINICAL EXPERIENCE I	2
EXSS 487	Clinical Experience III	3
EXSS 365	CERTIFICATION IN EXERCISE SCIENCE	1
	<b>Total credits:</b>	<b>72</b>