

Exercise Science Health Fitness Specialist (BA)

A degree in Exercise Science prepares students to be leaders in clinical rehabilitation exercise programs and athletic performance, and job opportunities in public and private fitness centers, corporate wellness, and clinical health and rehabilitation programs. A Bachelor of Science (BS) degree in Exercise Science will be prepared for graduate work and employed to conduct exercise programs as part of clinical trials. The Exercise Science major at Mary Baldwin University will prepare students to complete specialist certifications through the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA), and the International Society of Sports Nutrition (ISSN). Students can specialize in tracks in Personal Training, Athlete Coaching and Performance, Strength and Conditioning, or Medical Fitness. Students will study human anatomy and physiology, exercise performance, and movement analysis. They will perform exercise evaluations, develop exercise prescriptions, and teach and lead exercise sessions. Students will show their professional knowledge and skills during an internship. The *Exercise Science* degree is designed to prepare students for graduate school in the exercise sciences, with only minimal additional coursework to apply for professional graduate work in Athletic Training, Physical Therapy, Occupational Therapy, Physician Assistant, or Medical School.

Requirements for the Bachelor of Arts in Exercise Science:

In addition to the courses to complete the General Education, students will complete 26 credits of core science courses and 40 credits of exercise science and Health Care Administration courses for the BA degree.

Department: [Exercise Science](#)

Type: Major

Science Core

Item #	Title	Credits
BIOL 151	HUMAN HEALTH AND DISEASE (N)	3
CHEM 102	GEN, ORGANIC & BIOCHEMISTRY I (NQ)	4
CHEM 102L	LAB FOR CHEM 102	0
CHEM 103	GEN, ORGANIC & BIOCHEMISTRY II (NQ)	4
CHEM 103L	LAB FOR CHEM 103	0
HSCI 205	INTRO TO HUMAN ANATOMY & PHYSIOLOGY	3
HSCI 180	MEDICAL TERMINOLOGY	2
HSCI 321	Applied Biostatistics (Q)	3
PSYC 111	PSYCHOLOGY AS A SOCIAL SCIENCE (S)	3
MATH 159	COLLEGE ALGEBRA (Q)	3

Exercise Science Core

Item #	Title	Credits
HSCI 200	SCIENCE OF HUMAN NUTRITION	3
EXSS 141	INTERVENTIONAL EXERCISE	3
EXSS 358	EXER ASSESSMENT & PRESCRIPTION (P1)	3
	PHE Electives	1
EXSS 245	MOTOR BEHAVIOR	3
BIOL 252	BIOLOGY OF WOMEN (G)	3
EXSS 330	BIOMECHANICS	3
EXSS 287	CLINICAL EXPERIENCE I	2
	PSYC 200-level or Higher Psychology Course	3
EXSS 416	HLT FITNESS SPECIALIST APP CAPSTONE	3
EXSS 387	CLINICAL EXPERIENCE II	3
	EXSS BA HFS Track Electives	9

EXSS BA HFS Track Electives

Choose 9 credits.

Item #	Title	Credits
HCA 125	INTRODUCTION TO PUBLIC HEALTH	3
HCA 225	PUBLIC HEALTH ISSUES	3
HCA 235	WOMEN'S HEALTH CARE ISSUES (GW)	3
EXSS 487	Clinical Experience III	3
Total credits:		64