

Exercise Science Health Fitness Specialist (BA)

Requirements for the Bachelor of Arts in Exercise Science:

In addition to the courses to complete the General Education, students will complete 25 credits of core science courses and 39 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	GENERAL, ORGANIC & BIOCHEMISTRY (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