

Exercise Science (BS)

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 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 AND PHYSIOLOGY I	3
BIOL 264L	LAB FOR BIOL 264	1
BIOL 265	HUMAN ANATOMY & PHYSIOLOGY II	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

Item #	Title	Credits
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.

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