



EXERCISE SCIENCE

The Exercise Science program is designed to prepare students in scientific basis of human movement as it relates to motor performance, injury/disease rehabilitation and improved health and fitness. Internships in the area's finest hospitals, corporate fitness businesses, and training and fitness centers will provide hands-on experience for students desiring to pursue employment in the exercise science field. The program also provides students with the prerequisites for graduate school in related areas including physical therapy and exercise physiology.

DEGREES OFFERED

Bachelor of Science in Exercise Science – 126 Credits

While the majority of the courses are offered in the evening, day courses are required to complete the degree requirements.

BACHELOR DEGREE TRACKS

Exercise Science majors choose one of two tracks: Pre-Physical Therapy or Sport Management.

REQUIREMENTS –Sport Management Track

Accounting & Budgeting
Principles of Economics
Human Resource Management
Business of Health Care
Leadership Dynamics
Business Law I *or* Business Ethics
Survey of Chemistry
Normal Nutrition
Sports Nutrition
Sport Psychology
Introduction to Exercise Science & Fitness
Current Trends in Sport & Fitness
Prevention & Care of Athletic Injuries
Kinesiology
Sports Facility & Event Management
Sports Administration
Practicum
Senior Seminar/Research Methods
Exercise Structure and Function
Marketing

REQUIREMENTS – Pre-Physical Therapy Track

Human Anatomy & Physiology I
Human Anatomy & Physiology II
Cell Biology
Biomechanics
Evolution & Diversity
Principles of Physiology
Introductory Analysis *or* Calculus I and II
Fundamental Chemical Concepts I
Fundamental Chemical Concepts II
Introduction to Exercise Science & Fitness
Prevention & Care of Athletic Injuries
Kinesiology
Exercise & Sport Physiology
Exercise Assessment & Programming
Exercise Program Management
Practicum
Senior Seminar/Research Methods
Normal Nutrition
Sports Nutrition
Foundations of Psychology
Statistics
Sport Psychology
Physics
Lifespan Development
Completion of two Physical Education units

Degrees & Certificate can be completed entirely in the evening