

Exercise Science Major

Core Courses for Bachelor of Science in Exercise Science Studies

Program: Exercise Science

Type: Major

Required Courses

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Item #	Title	Credits
BIOL 101	Biological Science	3
BIOL 101	Biological Science Laboratory	1
BIOL 123	Nutrition	3
BIOL 221	Human Structure and Function	3
EXER 210	Applied Stats and Research Methods in Exercise and Sport	3
EXER 345	Research Methods	3
EXER 356	Nutritional Supplements and Ergogenic Aids	3
EXER 366	The Theory and Methodology of Resistance Training	3
EXER 376	Advanced Concepts of Personal Training	3
EXER 396	Personal Training Practicum	1-6
EXER 400	Exercise Assessment and Prescription	3
EXER 422	Physiology of Exercise	3
EXER 441	Kinesiology	3
EXER 476	Cardiovascular Functions	3
EXER 496	Professional Seminar in Exercise Science	1
PHED 112	Lifetime Fitness and Dance	3
PHED 226	Techniques of Teaching Fitness and Weight Training	3
PSYC 237	Lifespan Human Development	3
SMGT 124	Introduction to Sport Management	3
SMGT 200	Marketing for Sport	3
SMGT 324	Organization and Administration of Recreation & Sport	3

This major includes a Coaching minor of 21 credits, including:

Item #	Title	Credits
BIOL 123	Nutrition	3
HLTH 221	First Aid and CPR	3
PHED 226	Techniques of Teaching Fitness and Weight Training	3
PHED 310	Theory of Coaching I	3
PHED 327	Psychology of Sport and Physical Education	3
PHED 328	Sociology of Sport and Physical Education	3
PHED 410	Theory of Coaching II	3

Total credits:

74