

EXERCISE SCIENCE, B.S.

The Bachelor of Science in Exercise Science program provides students with foundational knowledge in the biomechanical, physiological, and psychological aspects of physical activity and its impact on health, society, and quality of life.

The School of Professional Advancement awards the Bachelor of Science in Exercise Science degree following the successful completion of 120 credits, including 42 credits in the major culminating in an internship or independent research project.

Requirements

| Course ID | Title | Credits |
|---------------------------|---------------------------------|-----------|
| Major Core Courses | | |
| KINE 1500 | Intro to Kinesiology | 3 |
| KINE 3110 | Exercise & Sport Psychology | 3 |
| KINE 3120 | Biomechanics | 4 |
| KINE 3130 | Lifespan Motor Development | 3 |
| KINE 4030 | Exercise Physiology | 4 |
| KINE 4070 | Motor Learning | 3 |
| KINE 4110 | Sports Medicine | 3 |
| KINE 4120 | Strength & Conditioning | 3 |
| KINE 4150 | Exercise Prescription | 3 |
| SCEN 2030 | Anatomy | 3 |
| SCEN 2035 | Anatomy - Lab | 1 |
| SCEN 2040 | Physiology | 3 |
| SCEN 2045 | Physiology - Lab | 1 |
| Select one course: | | |
| KINE 5001 or KINE 4910 | Internship Independent Study | 3 |
| Total Credit Hours | | 40 |