

## BACHELOR OF SCIENCE IN EXERCISE SCIENCE

The Exercise Science program has been established to provide a general health and exercise specific education to prepare students for a career that is health and medically based in a variety of public service settings or to allow students to continue their education in graduate school in a related, specialize field. Students will be able to demonstrate the following:

- Knowledge in the field of Exercise Science.
- Knowledge of key health and nutrition principles and how they are utilized and applicable for specific individuals in varying populations.
- Knowledge of the organization of the human body and how the body functions every day and how it responds under exercise conditions.
- Critical thinking skills through analytical activities.
- Research skills in the field of health and exercise science by developing a topic and supporting it with concise, descriptive, and organized information.

### GENERAL EDUCATION REQUIREMENTS:

#### Behavioral & Social Sciences (9 hours)

HIST 1323 or 1423	American History	3 hrs
POLS 1523	American Fed Government	3 hrs
PSYC 1123	General Psychology	3 hrs

#### Christian Studies Core (15 hours)

ENGL 1513	Lit Study English Bible I	3 hrs
ENGL 1613	Lit Study English Bible II	3 hrs
PHIL 1123	Christian Apologetics	3 hrs
THEO 1213	FWB History and Doctrine	3 hrs
Christian Studies Elective (Choose one)		3 hrs
Bible Elective (BIBL courses)		
PHIL 1113	Christian Ethics	
Theology Elective (THEO Courses)		

#### Communication (9 hours)

COMM 1113	Fundamentals of Speech	3 hrs
ENGL 1113	English Composition I	3 hrs*
ENGL 1213	English Composition II	3 hrs*

#### Humanities (3 hours)

Choose one course from the following:		3 hrs
DRAM 1113	Introduction to Theatre	
ENGL 2113 or 2213	American Literature	
ENGL 3513 or 3523	World Literature	
HIST 2133	Western Civilization	
HUMN 1113	Humanities	
MUSI 3233	Music Literature and History	
PHIL 2203	Introduction to Philosophy	

#### Liberal Arts (3 hours)

HPES ----	Physical Education Activity Classes (2)	2 hrs
IDIS 1001	Student Success Skills	1 hr*

#### Mathematics & Natural Sciences (11 hours)

MATH 1513	College Algebra	3 hrs
Natural Sciences (Must be from different disciplines)		
NATS 1514	General Biology	4 hrs*
NATS 1614	General Chemistry I	4 hrs*

General Education Requirement is 50 hours.

#### General Education Competency (Required):

Computer Science Competency (See further details p. 39.)

### EXERCISE SCIENCE REQUIREMENTS:

HPES 2133	Intro to Health Prom & Exercise Sci.	3 hrs*
HPES 2223	Nutrition	3 hrs*
HPES 2912	Personal Health	2 hrs*
HPES 3323	Motor Development	3 hrs*
HPES 3513	Health Promotion Programs	3 hrs*
HPES 3563	Lifestyle Interventions	3 hrs*
HPES 3813	Principles of Health & Fitness	3 hrs*
HPES 3873	Principles of Personal Training	3 hrs*
HPES 4113	Structural Kinesiology	3 hrs*
HPES 4223	Physiology of Exercise	3 hrs*
HPES 4853	Chronic Disease Intervention	3 hrs*
NATS 2544	Human Anatomy	4 hrs*
NATS 2644	Human Physiology	4 hrs*
SOCI 2123	Introduction to Sociology	3 hrs*
STAT 3003	Statistics	3 hrs*

Choose one:

HPES 3853	Exercise Testing & Prescription	
HPES 4833	Physiology of Exercise Lab	

Choose 14 hours from the following with 12 hours from 3000 or 4000 level courses: 14 hrs\*

BUSN 2313	Sports Law	
BUSN 3303	Sports Marketing	
HPES 1232	First Aid	
HPES 2033	Coaching	
HPES 3113	Admin of Health & Physical Education	
HPES 3223	Motor Learning	
HPES 3232	Adapted Physical Education	
HPES 3333	Officiating	
HPES 3502	Care/Prevention Athletic Injuries	
HPES 3533	Health Psychology	
NATS 2213	Medical Terminology	
MGMT 4303	Sports Management	

Exercise Science Requirement is 63 hours.

**ADDITIONAL ELECTIVES:** 6 hrs

### GRADUATION REQUIREMENT:

HPES 4403	Senior Capstone	3 hrs*
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Minimum of 122 hours (45 of which must be upper level) is required for Bachelor of Science in Exercise Science.

A minimum grade of 'C' is required for all courses pertaining to the major. These courses are indicated with an asterisk. A minimum cumulative GPA of 2.0 is required.