

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, specialized 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.

UNIVERSITY CORE REQUIREMENTS:

Christian Studies Core (15 hours)

Christian Studies

BIBL 2313	Life of Christ	3 hrs
THEO 1223	Christian Doctrine	3 hrs

Humanities

BIBL 1113	Survey of the Bible	3 hrs
PHIL 1123	Christian Apologetics	3 hrs

Social Science

SOCI 2403	Marriage and Family	3 hrs
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English Composition (6 hours)

ENGL 1113	English Composition I	3 hrs*
ENGL 1213	English Composition II	3 hrs*

Liberal Arts (4 hours)

HPES --	Physical Education Activity Class	1 hr
IDIS 1553	College Gateway: Saints Seminar	3 hrs*

Mathematics (3 hours)

MATH 1513	College Algebra	3 hrs*
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Natural Sciences (8 hours)

BIOL 1114	General Biology I with Lab	4 hrs*
CHEM 1114	General Chemistry I with Lab	4 hrs*

U.S. History and Government (6 hours)

HIST 1323/1423	American History	3 hrs
POLS 1523	American Federal Government	3 hrs

Core Electives (9 hours)

University Core Requirement is 51 hours.

EXERCISE SCIENCE REQUIREMENTS:

BIOL 2544	Human Anatomy	4 hrs*
BIOL 2644	Human Physiology	4 hrs*
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*
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
MGMT 4303	Sports Management
NATS 2213	Medical Terminology

Exercise Science Requirement is 63 hours.

ADDITIONAL ELECTIVES:

6 hrs

GRADUATION REQUIREMENT:

HPES 4403	Senior Capstone	3 hrs*
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123 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.