

# Exercise Science

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## Contact Information

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- Bachelor of Science

## Goals and Objectives

A Bachelor of Science degree in Exercise Science provides exciting opportunities for individuals who are interested in pursuing careers in any of the diverse fields of the discipline. The curriculum is designed to provide academic content and hands-on training relating to the science of movement, exercise testing and prescription, kinesiology, health promotion, and research in allied health. The curriculum is delivered through classroom and laboratory instruction, as well as applied practical experiences. Community interaction may occur in various settings, including health and sports medicine clinics, corporations and industrial settings, fitness centers, rehabilitation facilities, and other nontraditional settings.

Objectives for the Exercise Science degree program include the following:

- Prepare graduates to work in a variety of health, fitness, and rehabilitation settings
- Educate students to work with diverse populations and various health and fitness backgrounds
- Foster strong interpersonal and communication skills that promotes professional and personal citizenship in students
- Develop scientific and practical skills that enable graduates to pursue post-baccalaureate degrees
- Provide graduates for the Illinois allied health workforce, especially in central Illinois

## The Bachelor's Degree

- Health and Fitness Track
- Physical Therapy Track

## Advising

The Exercise Science program uses a shared model of advising. As an EXR major you will have two advisors – a faculty member and a professional advisor. You should meet with your academic advisor(s) at least once each semester to plan courses for the next semester, as this will ensure the students are on track to meet their graduation goals.

Students may declare an Exercise Science major at any time. Freshmen and undeclared students interested in Exercise Science will be advised by the Office of Advising Services in the Center for Academic Success. All other students will be advised by faculty and college advisors, as mentioned above.

## Grading Policy

Students are expected to earn at least a C- in each core and required course for Exercise Science and maintain an overall cumulative GPA of 2.0.

## Program Learning Outcomes

1. Incorporate foundational knowledge and skills related to the respective content areas in developing, implementing, managing, and evaluating human performance programs
2. Demonstrate proficiency in a variety of communication methods and in human relations/interpersonal skills, such as motivating, counseling, and working effectively in a team environment
3. Understand the scientific method and its application together with critical thinking and analytical skills to solve problems related to kinesiology, health promotion, physical activity, disease management, and professional healthcare programs
4. Understand and analyze the clinical and epidemiological evidence linking physical activity and exercise to human health, and various approaches to the delivery of physical activity and health programs in diverse settings
5. Identify and portray ethical considerations and behaviors and engage in social justice related to the sub-disciplines within the field of exercise science
6. Implement research as a process of inquiry and critical thinking; identify and evaluate suitable sources; conduct searches strategically; use and communicate information appropriately; and recognize that information has value