

Exercise Science Health and Fitness Track

Students in this track are immersed in the science of movement and learn a variety of skills used in health and fitness related occupations, such as health coach, personal fitness trainer, strength and conditioning specialist or serving as an exercise specialist in corporate wellness, health education, or cardiopulmonary rehabilitation.

Requirements

Required Core Courses

EXR 201	Introduction to Exercise Science	3
EXR 212	Medical Terminology	3
EXR 222	Musculoskeletal Anatomy and Physiology	3
EXR 233	Personal Health and Wellness	3
EXR 301	Motor Learning	3
EXR 302	Prevention and Care of Athletic Injuries	3
EXR 325	Evidence-Based Research Concepts	3
EXR 329	Kinesiology and Biomechanics	3
EXR 331	Physiology of Exercise and Sport	4
EXR 352	Health Promotion and Disease Prevention	3
EXR 483	Seminar in Exercise Science	3
EXR 498	Senior Exit Assessment	0
MLS 225	Nutrition	3

Required Courses; Health and Fitness Track. (Any non-core - EXR course)

EXR 363	Exercise and Sport Psychology	4
EXR 375	Principles of Strength and Conditioning	4
EXR 412	Exercise Management for Special Populations	3
EXR 451	Exercise Testing and Prescription	3
IPL 300	ECCE: Internship Applied Learning ¹	2-12

EXR Electives (Any non-core EXR course) 12

BIO 201 & BIO 202	Basics of Human Anatomy and Physiology I and Basics of Human Anatomy and Physiology II	8
CHE 141 or CHE 124	General Chemistry I General Chemistry for the Health Professions	4
COM 112	Fundamentals of Communication	3
ENG 101	Rhetoric and College Writing	3
ENG 102	College Writing and Civic Engagement	3
MAT 111	Quantitative Reasoning	3
MAT 121	Applied Statistics	3
PSY 101	Principles of Psychology	3
SOA 101	Introduction to Sociology	3
	First-time, first-year Seminar (Humanities or Social Science)	3
	Comparative Societies (Humanities or Social Science)	3
	Humanities	3
	Visual/Creative/Performing Arts (Humanities)	3
	ECCE (Speaker Series, Global Awareness, US Communities, Engagement Experience Electives)	7

Electives	6
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Total Hours	123-133
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¹ Fulfills the ECCE Engagement Experience requirement