

EXERCISE SCIENCE B.S.

All students must meet the Degree and University Requirements.

All students must meet the Catamount Core Curriculum Requirements.

All students must meet the College Requirements.

The Exercise Science (EXSC) major comprises in-depth study of the theory and applications of exercise and movement science in health, fitness, and disease prevention in diverse populations. The EXSC program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and the Committee on Accreditation for the Exercise Sciences (CoAES). Accreditation ensures adherence to established standards and guidelines centered upon providing students a high-quality, educational experience to facilitate preparation for employment in the health, fitness, and exercise industry and/or for future graduate studies. Students can tailor their educational experience to individual goals, including mentored internship and research experiences. Graduates of the EXSC major may pursue careers in related areas of fitness and health, such as health promotion, adapted physical activity, and corporate wellness. They may also pursue one of several professional certifications, such as American College of Sports Medicine (ACSM) certified exercise physiologist, or National Strength and Conditioning Association (NSCA) certified strength and conditioning specialist. Finally, students graduating from this program may be qualified for graduate work in exercise and movement science, physical therapy, or other health care programs.

Requirements for admission are the same as the general university requirements, with the addition that applicants must have taken high school biology, mathematics through trigonometry or precalculus, and chemistry. Alternative courses may be considered on a case-by-case basis.

Exercise Science students must maintain a cumulative 2.5 grade point average. First-year students who do not meet the GPA requirements will be placed on academic trial. Failure to raise the semester GPA to 2.5 the subsequent semester, and the cumulative GPA to 2.5 upon completion of two subsequent semesters, is grounds for discontinuation from the major.

Any student beyond the first year whose semester and cumulative GPA is below 2.5 will be placed on academic trial for one semester. To be removed from trial, students must achieve a cumulative GPA of 2.5 by the end of the trial period. An inability to raise the required cumulative GPA to 2.5 during this trial period is grounds for discontinuation from the major.

In order to remain in good standing within the Exercise Science program, students must also be consistently progressing in required coursework. Failure to follow the required sequence of courses outlined in the Exercise Science program of study for more than one semester is grounds for discontinuation from the major.

PLAN OF STUDY

A MODEL CURRICULUM IN EXERCISE SCIENCE

First Year	Credits	
	Fall	Spring
NH 1500 App to Hlth: From Pers to Syst	1	
HSCI 1100 Introduction to Public Health (S1)	3	
NFS 1043 Fundamentals of Nutrition (N1)	3	
BIOL 1400 Principles of Biology 1 (N2)	4	
EXSC 2200 EBP in Exercise Science	3	
Catamount Core Curriculum*	3	3
PSYS 1400 Intro to Psychological Science (S1)		3
ENGL 1001 Written Expression (FW, WIL1)		3
EXSC 1650 Foundations Ex & Hlth Act Pop		3
CHEM 1400 General Chemistry 1 (N2, QD)		4
Year Total:	17	16
Sophomore		
	Fall	Spring
ANPS 1190 Ugr Hum Anatomy & Physiology 1	4	
NFS 2163 Sports Nutrition	3	
EXSC 2420 Exercise and Sport Psychology	3	
Catamount Core Curriculum (or CHEM 1450)	3-4	
Catamount Core Curriculum*	3	3
ANPS 1200 Ugr Hum Anatomy & Physiology 2		4
EXSC 2750 Applied Kinesiology		3
STAT 1110 Elements of Statistics 1 (QD) or STAT 1410 Basic Statistical Methods 1 (QD)		3
Catamount Core Curriculum (or BIOL 1450)*		3-4
Year Total:	16-17	16-17
Junior		
	Fall	Spring
EXSC 3600 Adapted Physical Activity (D2)	3	
EXSC 3130 Biomechanics of Human Movement	3	
EXSC 3500 Exercise Physiology	3	

EXSC 3501 Exercise Physiology Lab	1	
Catamount Core Curriculum *	3	3
Catamount Core Curriculum or Elective *	3	3
EXSC 3450 Evaluation & Prescription		3
EXSC 3400 Motor Skill Learning & Control		3
EXSC 3700 Exer Sci Professional Seminar		1
EXSC 3620 Human Perf & Ergogenic Aids		3
Year Total:	16	16
Senior		
	Credits	
	Fall	Spring
EXSC 3960 Human Perform and Conditioning or EXSC 3630 Exercise in Chronic Conditions	3	3
Clinical Exercise Physiology	3	
EXSC 4720 Senior Capstone Experience (taken in either semester)	1-3	1-3
EXSC 3XXX	3	3
Elective	3	
EXSC 3640 Certified Exerc Physiologist or EDPE 3670 Sci Strength Training&Condtng		3
Lifestyle Medicine		3
Year Total:	13-15	13-15
Total Credits in Sequence:		
	123-129	

* Catamount Core still needed: 6 credits AH, 3 credits MA, 3 credits D1, 3 credits SU, 3 credits GC, 3 credits WIL2 or OC.

Minimum of 123 credits required for degree completion.