

Exercise Science

The curriculum introduces the student to the scientific basis for improving lives through exercise from proper exercise techniques to how different types of exercise affect our bodies. This program prepares students for entry level positions in closely supervised health-fitness programs within business and industry, or in clinical exercise settings that provide health-fitness services to members of special populations. Health and fitness professionals have a range of opportunities for employment. From corporate settings to healthcare facilities to high-energy gyms and fitness centers such as sports and athletic teams, gyms and fitness facilities, corporate fitness centers, rehabilitation centers, and self-employment.

NOTE: In the final year, Exercise Science students are eligible to take PEMW156: Personal Training* which is designed to assist students in preparation for the ACE Personal Trainer Certification Exam.

Fall Semester I	
Courses	Credit Hours
<i>INST101 Success for College</i>	1
BIOL102 Principle of Biology	4
SPCH101 Speech, Oral Communications	3
<i>PEMW153 Sports Psychology</i>	3
<i>HTLH102 Standard First Aid & Safety</i>	2
ENGL101 Rhetoric & Composition I	3
<i>PEMW Fitness Center or Group Fitness Course</i>	1
Total Credit Hours	17
Spring Semester I	
Courses	Credit Hours
BIOL136 A&P I	4
ENGL102 Rhetoric & Composition II	3
<i>SPAN101 Elementary Spanish I</i>	4
Gen Ed Social Sciences	3
<i>PEMW Fitness Center or Group Fitness Course</i>	1
Total Credit Hours	15
Fall Semester II	
Courses	Credit Hours
BIOL137 A&P II	4
<i>SPAN102 Elementary Spanish II</i>	4
PSYC100 Intro to Psychology	3
CECN108 Elements of Economic	3
<i>PEMW Fitness Center or Group Fitness Course</i>	1
Gen Ed Humanities	3
Total Credit Hours	18
Spring Semester II	
Courses	Credit Hours
MATH115 Survey of Statistics	3
<i>HLTH130 Nutrition</i>	3
Gen Ed Physical Science	4
Gen Ed Fine Arts	3
<i>PEMW Fitness Center or Group Fitness Course</i>	1
Total Credit Hours	14
Degree Total Credit Hours	64

*Sport Management Students are eligible to sit for the ACE Personal Training Certificate after completing this course.

**At least two fitness courses must be group fitness such as weight training, Pilates, yoga, etc.