EXERCISE SCIENCE (A)

The mission of the Exercise Science major is to promote physical activity and exercise as a means to attain and maintain health, physical fitness, and quality of life. Exercise science consists of several overlapping disciplines and courses of study that provide an understanding of the anatomy and physiology of the human body, how exercise impacts the body, and how to use this knowledge to improve human performance and promote a healthy lifestyle. Professors combine classroom instruction, the latest research, laboratory experiences and field work opportunities to provide an effective blend of educational experiences. Students graduating with a Bachelor of Arts degree in exercise science are prepared for entry-level positions like exercise/fitness specialist, group fitness instructor, personal trainer, work in corporate fitness programs and health clubs, or as a strength and conditioning coach in high schools, colleges, and professional sports teams.

Program Learning Outcomes

- Students will understand the anatomical and biomechanical bases of human movement.
- Students will understand and apply the principles of exercise testing and prescription to diverse populations at various developmental stages and under a range of health conditions.
- Students will be able to evaluate the scientific literature in the discipline, understand and synthesize relevant information from it, and be able to convey this information both orally and in writing.
- Students will be able to apply knowledge of exercise science in a real world setting.
- Students will demonstrate a responsible sense of citizenship, professional attitude, and ethical behavior.
- Acquire knowledge and demonstrate the skills/abilities to qualitatively and quantitatively analyze human movements during physical activity, training, and performance.

Curriculum

Code	Title	Hours
Core Requirements (https://catalog.cuw.edu/undergraduate/university/acad-prog/trad/core/)		**45**
Major Requirements		**69-72**
Electives		**6**
Total Hours		**120-123**

Major Requirements

Code	Title	Hours
Required Core Courses		
BIO 191	Human Anatomy and Physiology I	
HHP 100	Stewardship of the Body	
HHP 120	Weight Training	
MATH 205	Statistics I	
PSY 101	General Psychology	
Required Courses		
BIO 192	Human Anatomy and Physiology II	4
EXS 442	Exer Prescription & Testing	4
EXS 480	Design Resistance Training Programs	3
EXS 494	Exercise Management for Special Populations	3
EXS 495	Ethical Principles in Health and Human Performance	3
HHP 116	Health Profession Medical Terminology	1
HHP 130	Advanced Weight Training	2
HHP 171	Introduction to Exercise Science	1
HHP 202	Introduction to Kinesiology	3
HHP 212	First Aid and Emergency Procedures w/Lab	3
HHP 265	Healthy Lifestyles	3
HHP 274	Care and Prevention of Athletic Injuries	3
HHP 275	Administration and Organization of Sport	3
HHP 280	Psychology of Sport	3
HHP 342	Nutrition for Wellness and Performance	3
HHP 350	Coaching Methods	3
HHP 371	Exercise Physiology	3
HHP 373	Motor Development	3
HHP 375	Biomechanics	3
HHP 410	Measurement and Evaluation in Health & Human Performance	3
HHP 460	Internship	3-6
HHP 475	Seminar in Exercise Physilogy	2
HHP 495	Senior Seminar in Exercise Physiology	3
PHYS 151	General Physics I	4
Total Hours		**69-72**