

EXERCISE SCIENCE MAJOR (M)

Concordia University Wisconsin's Exercise Science Program prepares students to be leaders in the fitness, performance, health, and rehabilitation fields through a broad curriculum and applied research.

The Exercise Science Program consists of several overlapping disciplines that provide an understanding of anatomy and physiology, the impact of exercise on the body, and application of this knowledge to improve human performance and impact health in a variety of populations.

Faculty combine classroom and laboratory instruction with the latest research to provide quality educational experiences. Students graduating with a degree in exercise science are prepared for careers in health and fitness industries, strength and conditioning organizations, clinical exercise physiology settings, or entry into graduate-level health professions programs such as physical therapy, occupational therapy, or the exercise sciences. Opportunities are available to participate in exercise science research projects and/or pursue internships to gain practical experiences in a preferred vocation.

Program Learning Outcomes

Students will:

- Students will apply Lutheran Christian values, vocation, and principles of ethical practice.
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- Students will apply anatomy, physiology, and kinesiology knowledge when working with individuals in healthy, athletic, and clinical populations.
- Students will appropriately conduct fitness and movement assessments to determine personalized exercise prescriptions for diverse populations.
- Students will analyze psychosocial factors related to exercise, fitness, and performance.
- Students will communicate effectively using a variety of strategies.
- Students will evaluate scientific literature and apply evidence-based practices in exercise science research.

Curriculum

Code	Title	Hours
Core Requirements (https://catalog.cuw.edu/undergraduate/university/acad-prog/trad/core/)		45
Major Requirements		43
Electives		32
Minor: Optional		
Total Hours		120

Major Requirements

Code	Title	Hours
Required Core Courses		
BIO 1801	Human Anatomy and Physiology I (Natural World)	
HHP 1530	Advanced Weight Training	
MATH 2050	Statistics I (Natural World)	
PSY 1010	General Psychology (Human Beings and Being Human)	

Required Major Courses		
BIO 1802	Human Anatomy and Physiology II	4
EXS 2225	Introduction to Exercise Science	1
EXS 2275	Administration of Exercise Science Programs	3
EXS 2280	Psychology of Sport	3
EXS 3342	Nutrition for Wellness and Performance	3
EXS 3373	Motor Development	3
EXS 3375	Biomechanics	3
EXS 3442	Exercise Testing and Prescription	4
EXS 3470	Exercise Physiology	4
EXS 3471	Advanced Exercise Physiology	4
EXS 4475	Research in Exercise Science	2
EXS 4480	Strength and Conditioning Program Design	3
EXS 4494	Exercise and Chronic Disease	3
EXS 4995	Senior Seminar in Exercise Science	3-6
or EXS 4960	Internship	

Recommended Electives		
HHP 2265	Healthy Lifestyles	
HHP 2260	School and Community Health	
BIO 1401	General Biology I	
BIO 1402	General Biology II	
BIO 4800	Human Physiology	
CHEM 1204	Elements of General and Biological Chemistry	
CHEM 1414	General Chemistry I ¹	
CHEM 1424	General Chemistry II ¹	
PHYS 1514	General Physics I ¹	
PHYS 1524	General Physics II ¹	
PSY 2300	Life Span Development	
PSY 4250	Abnormal Psychology	
RSC 3020	Advanced Anatomy	

Total Hours **43-46**

¹ Although CHEM 1414 General Chemistry I/CHEM 1424 General Chemistry II, and PHYS 1514 General Physics I/PHYS 1524 General Physics II are recommended for all Exercise Science majors, only Pre Physical Therapy are required to take them for admittance into a Physical Therapy program. Students should check with their advisor for further information on options within the Exercise Science curriculum.

Plan

Course	Title	Hours
Semester 1		
HHP 1100	Stewardship of the Body	1
CCE 1010	Christian Citizen	3
PSY 1010	General Psychology	3
BIO 1801	Human Anatomy and Physiology I	4
EXS 2225	Introduction to Exercise Science	1
ENG 1040	Introduction to Writing	3
Hours		15
Semester 2		
CCE 1030	Western Thought & Worldview	3
MATH 2050	Statistics I	3
COMMUNICATION & LANGUAGE		3
BIO 1802	Human Anatomy and Physiology II	4

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HHP 1530	Advanced Weight Training	2
Hours		15
Semester 3		
EXS 3373	Motor Development	3
REL 1000	The Bible	3
CCE 1040	Science & Humanity	3
CCE 1020	Western Culture & Worldview	3
ELECTIVE/MINOR		3
Hours		15
Semester 4		
EXS 2275	Administration of Exercise Science Programs	3
EXS 2280	Psychology of Sport	3
REL 1100	Christian Faith	3
EXS 3375	Biomechanics	3
ELECTIVE/MINOR		3
Hours		15
Semester 5		
EXS 3442	Exercise Testing and Prescription	4
EXS 3470	Exercise Physiology	4
HUMAN CREATIVITY & EXPRESSION		3
ELECTIVE/MINOR		3
ELECTIVE/MINOR		1
Hours		15
Semester 6		
EXS 3471	Advanced Exercise Physiology	4
EXS 4494	Exercise and Chronic Disease	3
EXS 3342	Nutrition for Wellness and Performance	3
ELECTIVE/MINOR		3
ELECTIVE/MINOR		3
Hours		16
Semester 7		
SOCIETY & CULTURE		3
EXS 4475	Research in Exercise Science	2
EXS 4480	Strength and Conditioning Program Design	3
ELECTIVE/MINOR		3
ELECTIVE/MINOR		3
Hours		14
Semester 8		
EXS 4995 or EXS 4960	Senior Seminar in Exercise Science or Internship	3
FAITH & LIFE		3
ELECTIVE/MINOR		3
ELECTIVE/MINOR		3
ELECTIVE/MINOR		3
Hours		15
Total Hours		120

Course options and schedule are subject to change.