

Exercise Science Major

Assistant Professor: A. Gowin (Chair)

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Exercise Science majors will explore the science of exercise and its role in health, fitness, and optimal sports performance. Students will prepare for graduate programs, health careers such as athletic training, physical therapy, physician's assistant, nursing, and medicine. The major will include a capstone research or internship experience tailored to the student's career goals. Students are encouraged to obtain professional certifications, such as ACSM Personal Trainer or Health/Fitness Instructor certification, as appropriate.

A grade of C- or better is required in all courses used to satisfy the major requirements.

ACADEMIC REQUIREMENTS SUMMARY SHEET

ACADEMIC YEAR 2024-2025

Major: EXERCISE SCIENCE

Student's Last Name _____ First Name _____ Middle Initial _____

Advisor _____ Date Major Declared _____

Course Code	Title	Hours	Semester	Grade
Required Courses				
HES 101	Introduction to Exercise Science	1		
BIO 114/115	Biological Processes	4		
BIO 124/125	Biodiversity	4		
BIO 302	Human Anatomy*	4		
BIO 420	Physiology (BIO 302 or 322 prereq)	4		
CHM 114/115	Chemistry I	4		
CHM 124/125	Chemistry II	4		
HES/PSY 231	Sports Psychology	3		
HES 232	Care and Prevention of Athletic Injuries	3		
HES 251	Introduction to Nutrition	3		
HES 321	Kinesiology	3		
HES 340	Exercise Physiology	3		
HES 342	Exercise Prescription	3		
	Capstone Research or Field Experience in Exercise Science	3		
	Total Hours For Major	46		
Optional Courses				
HES 215	Motor Learning	3		
HES 350	Theories of Adapted Physical Education	3		
HES 406	Management in PE & Athletics	2		

*Students who need extra preparation for BIO 302, Human Anatomy are advised to take NSC 210, Anatomy and Physiology I.

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If any substitutions or waivers of requirements are allowed, please list below and initial.

Advisor Signature

Department Chair Signature