

# EXERCISE SCIENCE BA/BS

A major in Exercise Science prepares students to integrate principles from the Physical Sciences, Kinesiology, and Health into the study of the science of human movement. Students who pursue this degree often plan to attend professional post-baccalaureate programs in the Allied Health Sciences (i.e. physical therapy, occupational therapy, sports medicine, cardiac rehabilitation, etc.). These students go on to be successful in a variety of allied health fields that are clinically-oriented, diverse, and that place an emphasis on research-based practice.

Students in this major must have two advisors: one from the Division of Movement and Sport Sciences and one from the Division of Natural Science & Mathematics.

Students who graduate with a degree in Exercise Science will be **well-prepared** to:

- Use and interpret formal and informal assessment strategies to advance individual performance and determine the effectiveness of a prescribed exercise program.
- Apply skills and knowledge within a professional allied health setting, integrating ethical standards and best practices in the field.
- Create programs and learning environments that encourage positive social interaction, active engagement, and self-motivation.
- Interact in a professional, effective manner with colleagues, families, and community agencies to support growth and well-being of programs and participants.
- Design and conduct a research project, analyze and interpret data and present findings both orally and in writing.

## General Education Requirements

Code	Title	Credits
<b>Written Communication</b>		
Select one of the following:		6.00
ENGL-101 & ENGL-102	WRITING AND RHETORIC I and WRITING AND RHETORIC II	
ENGL-109	COLLEGE WRITING AND RESEARCH	
<b>Oral Communication</b>		
Select one from the following:		3.00
COMM-101	FUNDAMENTALS OF ORAL COMMUNICATION	
COMM-203	SMALL GROUP COMMUNICATION	
COMM-204	PUBLIC SPEAKING	
<b>Mathematical Ways of Knowing</b>		
MATH-147	COLLEGE ALGEBRA AND TRIGONOMETRY	5.00
<b>Humanistic &amp; Artistic Ways of Knowing</b>		
Select one course from two categories:		6.00-8.00
<b>Literature</b>		
ENGL-175	LITERATURE AND IDEAS	
ENGL-257	WORLD CLASSICS	
ENGL-258	INTERNATIONAL LITERATURE	
ENGL-261	MYTHOLOGIES	
<b>Arts</b>		
ART-100	INTRODUCTION TO ART	
HUM-101	THE ART AND HISTORY OF THE MOTION PICTURE	
HUM-150	INTRODUCTION TO THE ARTS	
MUS-101	SURVEY OF MUSIC	
MUS-102	MUSIC IN AMERICA	
MUS-150	WORLD MUSIC	
MUS-151	HISTORY OF MUSICAL THEATER	
MUS-152	HISTORY OF JAZZ AND POPULAR MUSIC STYLES	
THEA-101	SURVEY OF THE THEATER	
<b>Language</b>		
NP-101	ELEMENTARY NEZ PERCE LANGUAGE I	
NP-102	ELEMENTARY NEZ PERCE LANGUAGE II	

SPAN-101	ELEMENTARY SPANISH I	
SPAN-102	ELEMENTARY SPANISH II	
<b>Scientific Ways of Knowing</b>		
BIOL-227	HUMAN ANATOMY AND PHYSIOLOGY I	4.00
CHEM-111	PRINCIPLES OF CHEMISTRY I	4.00
<b>Social &amp; Behavioral Ways of Knowing</b>		
PSYC-205	LIFESPAN DEVELOPMENTAL PSYCHOLOGY	3.00
Select one of the following:		3.00
ANTH-102	CULTURAL ANTHROPOLOGY	
ANTH-120	WORLD PREHISTORY	
ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES	
ECON-201	PRINCIPLES OF MACROECONOMICS	
ECON-202	PRINCIPLES OF MICROECONOMICS	
GEOG-102	INTRODUCTION TO GEOGRAPHY	
HIST-101	WORLD HISTORY I	
HIST-102	WORLD HISTORY II	
HIST-111	UNITED STATES HISTORY I	
HIST-112	UNITED STATES HISTORY II	
HRPT-184	DIVERSITY IN ORGANIZATIONS	
HRPT-185	HUMAN RELATIONS IN ORGANIZATIONS	
POLS-101	AMERICAN NATIONAL GOVERNMENT	
POLS-237	INTERNATIONAL POLITICS	
POLS-285	COMPARATIVE GOVERNMENT	
SOC-101	INTRODUCTION TO SOCIOLOGY	
SOC-102	SOCIAL PROBLEMS	
SS-184	DIVERSITY IN ORGANIZATIONS	
SS-185	HUMAN RELATIONS IN ORGANIZATIONS	
<b>Diversity</b>		
Select one of the following:		3.00-4.00
ANTH-102	CULTURAL ANTHROPOLOGY	
ANTH-120	WORLD PREHISTORY	
ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES	
ANTH-360	RACE AND ETHNICITY	
COMM-345	COMMUNICATION AND DIVERSITY	
ENGL-258	INTERNATIONAL LITERATURE	
ENGL-474	NATIVE AMERICAN WRITTEN LITERATURE	
GEOG-102	INTRODUCTION TO GEOGRAPHY	
HIST-101	WORLD HISTORY I	
HIST-102	WORLD HISTORY II	
HIST-111	UNITED STATES HISTORY I	
HIST-112	UNITED STATES HISTORY II	
HRPT-184	DIVERSITY IN ORGANIZATIONS	
ID-300C	ETHICS AND IDENTITY	
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS	
NP-101	ELEMENTARY NEZ PERCE LANGUAGE I	
NP-102	ELEMENTARY NEZ PERCE LANGUAGE II	
POLS-285	COMPARATIVE GOVERNMENT	
SOC-101	INTRODUCTION TO SOCIOLOGY	
SPAN-101	ELEMENTARY SPANISH I	
SPAN-102	ELEMENTARY SPANISH II	
SPAN-201	INTERMEDIATE SPANISH I	
SPAN-202	INTERMEDIATE SPANISH II	

SS-184	DIVERSITY IN ORGANIZATIONS	
<b>Integrative Seminar: Ethics &amp; Values</b>		
Select one of the following:		3.00
ID 300A - 300Z (see course descriptions for options)		
ID-301A	HELLS CANYON INSTITUTE	
<b>Foreign/Heritage Language</b>		
Select 16 credits of language if selecting Bachelor of Arts Degree		16.00
<b>Total Credits</b>		<b>40.00-43.00</b>

## Program Requirements

Code	Title	Credits
<b>Health &amp; Kinesiology Courses</b>		
HLTH-253	NUTRITION	3.00
HLTH/KIN-272	FITNESS AND WELLNESS	3.00
KIN-248	SPORTS MEDICINE	3.00
KIN-361	BIOMECHANICS LABORATORY	1.00
KIN-362	BIOMECHANICS	3.00
KIN-363	PHYSIOLOGY OF EXERCISE	3.00
KIN-364	EXERCISE PHYSIOLOGY LABORATORY	1.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN/HLTH-494	INTERNSHIP IN KINESIOLOGY	3.00
Select three of the following:		8.00-9.00
KIN-411	EXERCISE PSYCHOLOGY	
KIN-425	ETHICAL DECISION-MAKING SPORT LEADERS	
KIN-435	AGING AND PHYSICAL ACTIVITY	
KIN-436	PERSONAL/GROUP TRAINING CERT PREP	
KIN-467	PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS	
HLTH-453	HEALTH PROMOTION	
HLTH-454	WELLNESS COACHING	
<b>Natural Science Courses</b>		
BIOL-181	ECOLOGY, EVOLUTION, DIVERSITY OF LIFE	4.00
BIOL-182	CONCEPTS IN CELLULAR MECHANISMS	4.00
BIOL-228	HUMAN ANATOMY AND PHYSIOLOGY II	4.00
CHEM-112	PRINCIPLES OF CHEMISTRY II	4.00
PHYS-111	GENERAL PHYSICS I	4.00
PHYS-112	GENERAL PHYSICS II	4.00
Select 2-4 credits of NS 300/400 level		2.00-4.00
<b>Cross-Discipline Courses</b>		
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
or BIOL-280	PRE-MEDICAL SEMINAR	
MEDPT-173	MEDICAL TERMINOLOGY	3.00
MATH-253	STATISTICAL METHODS FOR THE SCIENCES	3.00
or PSYC-300	STATISTICAL METHODS	
<b>Senior Research/Project</b>		
KIN-498	SENIOR RESEARCH PROJECT I	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
<b>Electives</b>		
Select 4-7 elective credits		4.00-7.00
<b>Total Credits</b>		<b>77.00-83.00</b>

## Sequential Plan of Study

Course	Title	Credits
<b>First Year</b>		
<b>Fall</b>		
CHEM-111	PRINCIPLES OF CHEMISTRY I	4.00
ENGL-101	WRITING AND RHETORIC I	3.00
MATH-147	COLLEGE ALGEBRA AND TRIGONOMETRY	5.00
CORE	Oral Communication	3.00
<b>Credits</b>		<b>15.00</b>
<b>Spring</b>		
BIOL-280 or KIN-260	PRE-MEDICAL SEMINAR or INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
CHEM-112	PRINCIPLES OF CHEMISTRY II	4.00
ENGL-102	WRITING AND RHETORIC II	3.00
KIN-272	FITNESS AND WELLNESS	3.00
MEDPT-173	MEDICAL TERMINOLOGY	3.00
Elective	Elective Credits	1.00
<b>Credits</b>		<b>15.00</b>
<b>Second Year</b>		
<b>Fall</b>		
BIOL-181	ECOLOGY, EVOLUTION, DIVERSITY OF LIFE	4.00
BIOL-227	HUMAN ANATOMY AND PHYSIOLOGY I	4.00
CORE	Humanistic & Artistic Ways of Knowing	3.00
CORE	Social & Behavioral Ways of Knowing	3.00
Elective	Elective Credits	1.00
<b>Credits</b>		<b>15.00</b>
<b>Spring</b>		
BIOL-182	CONCEPTS IN CELLULAR MECHANISMS	4.00
BIOL-228	HUMAN ANATOMY AND PHYSIOLOGY II	4.00
HLTH-253	NUTRITION	3.00
CORE	Humanistic & Artistic Ways of Knowing	3.00
Elective	Elective Credits	1.00
<b>Credits</b>		<b>15.00</b>
<b>Third Year</b>		
<b>Fall</b>		
KIN-361	BIOMECHANICS LABORATORY	1.00
KIN-362	BIOMECHANICS	3.00
CORE	Diversity	3.00
PHYS-111	GENERAL PHYSICS I	4.00
PSYC-205	LIFESPAN DEVELOPMENTAL PSYCHOLOGY	3.00
NS	NS 300/400 Level	3.00
<b>Credits</b>		<b>17.00</b>
<b>Spring</b>		
KIN-363	PHYSIOLOGY OF EXERCISE	3.00
KIN-364	EXERCISE PHYSIOLOGY LABORATORY	1.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00
PHYS-112	GENERAL PHYSICS II	4.00
Program Requirement	Select KIN Selective course	3.00
<b>Credits</b>		<b>14.00</b>
<b>Fourth Year</b>		
<b>Fall</b>		
KIN-248	SPORTS MEDICINE	3.00

KIN-498	SENIOR RESEARCH PROJECT I	3.00
MATH-253 or PSYC-300	STATISTICAL METHODS FOR THE SCIENCES or STATISTICAL METHODS	3.00
NS	NS 300/400 Level	2.00
Program Requirement	Select KIN Selective course	3.00
<b>Credits</b>		<b>14.00</b>
<b>Spring</b>		
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
CORE	Integrative Seminar: Ethics & Values	3.00
Program Requirement	Select KIN Selective course	3.00
<b>Credits</b>		<b>15.00</b>
<b>Total Credits</b>		<b>120.00</b>

Graduates with a BA/BS in Exercise Science go on to attend professional post-baccalaureate programs in a variety of fields:

- Physical Therapy
- Occupational Therapy
- Sports Medicine
- Cardiac Rehabilitation

Click here for more videos related to this major (<https://www.candidcareer.com/video-occupational+therapist,58286b48062cd885a986,LCSC/>)