

Exercise Science and Sports Performance

Division of Health Professions

- **Major: 70.5-71.5 credit hours**
- **Minor: 23-24 hours**
- **Major/Minor GPA required for graduation: 2.50**
- **All courses for the major or minor must be completed with a grade of C or better**

PROGRAM REQUIREMENTS:

- **Capstone: Seminar for Exercise Science and Sports Performance (PED 492) and Internship in Exercise Science and Sports Performance (PED 470)**
- **Research: Evaluation and Research in Exercise Science and Sport (PED 405)**

Mission: The exercise science and sports performance program is designed to prepare students in biological sciences and exercise science content knowledge with culminating coursework in real-world internship settings. Coursework and program requirements provide preparation in the knowledge, skills, and abilities outlined by the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA) professional associations.

Description of Major: This major will build the foundation for students interested in careers in the field of exercise science and sports performance. Completion of this major will also make students eligible to receive the following additional certifications: American Red Cross First Aid/CPR Instructor, Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association as well as the Health Fitness Specialist and Personal Trainer certifications through the American College of Sports Medicine (ACSM). Students may also be eligible for Clinical Certifications through the ACSM.

Student Learning Outcomes

Students will:

- Demonstrate an understanding of basic biomechanical principles and musculoskeletal anatomy.
- Understand general exercise physiology principles and demonstrate the creation of exercise prescription (pre-exercise assessment, flexibility, muscular strength, endurance, and cardiovascular).
- Assess, design, implement, and evaluate cardiorespiratory, flexibility, muscular strength, muscular endurance, and dietary habits for a diverse spectrum of participants.
- Demonstrate the ability to work with diverse populations while practicing both written and oral communication grounded in current evidence-based professional research and practices.
- Investigate benefits offered through professional memberships and certifications and provide opportunities for achieving professional memberships and certifications.
- Comprehend and develop administrative and organizational policies and procedures for exercise and recreational programming.

Preparation: The exercise science and sports performance degree prepares students to teach in community and school settings and to obtain professional certifications recognizable in athletic, exercise, and fitness professions.

Exercise Science and Sports Performance Major

Exercise Science and Sports Performance majors must complete the health professions core requirements and the exercise science and sports performance major requirements.

HEALTH PROFESSIONS
CORE REQUIREMENTS 28-29 crs.

BIO 101	BIOLOGY FOR LIFE	4
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	5
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	5
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	5
HPE 158	HEALTH AND WELLNESS	3
HPE 250	ASSESSMENT THROUGH TEST AND MEASUREMENTS FOR HEALTH PROFESSIONS	3
HPE 300	HUMAN NUTRITION	3
PED 157	FOUNDATIONS OF HEALTH PROFESSIONS	3
PED 206	FIRST AID	2

EXERCISES SCIENCE AND SPORTS PERFORMANCE
MAJOR REQUIREMENTS 42.5 crs.
RECREATIONAL ACTIVITIES 1.5

Students will complete:

- 1) Principles of Strength Training,
- 2) Principles of Speed, Agility, and Quickness, and
- 3) Advanced Strength Training

HPE 200	FOUNDATIONS OF HUMAN MOVEMENT	3
ATH 200	MEDICAL TERMINOLOGY	3
PED 202	PSYCHOLOGY OF COACHING	3
<i>or</i>		
PED 465	SPORT AND HEALTH PSYCHOLOGY	3
PED 349	PHYSIOLOGY OF EXERCISE	3
PED 356	INSTRUCTION FOR EXERCISE AND LIFETIME ACTIVITY	4
PED 357	ADMINISTRATION AND DEVELOPMENT OF PHYSICAL ACTIVITY PROGRAMMING (W)	3
PED 365	MOTOR DEVELOPMENT ACROSS THE LIFESPAN	3
PED 403	KINESIOLOGY (W)	3
PED 404	MOTOR LEARNING	2
PED 405	EVALUATION AND RESEARCH IN EXERCISE SCIENCE AND SPORT	3
PED 455	CONCEPTS OF RESISTANCE TRAINING	3

PED 457	ACSM/NSCA EXAM REGISTRATION	0
PED 460	FIRST AID/CPR/AED INSTRUCTOR	2
PED 470	INTERNSHIP IN EXERCISE SCIENCE AND SPORTS PERFORMANCE	4
PED 492	SEMINAR FOR EXERCISE SCIENCE AND SPORTS PERFORMANCE (taken concurrently with an internship)	2

EXERCISE SCIENCE AND
SPORTS PERFORMANCE MINOR 23-24 crs.

BIO 101	BIOLOGY FOR LIFE	4
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	5
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	5
<i>or</i>		
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	5
PED 202	PSYCHOLOGY OF COACHING	3
PED 206	FIRST AID	2
PED 349	PHYSIOLOGY OF EXERCISE	3
PED 455	CONCEPTS OF RESISTANCE TRAINING	3
HPE 300	HUMAN NUTRITION	3