

EXERCISE SCIENCE (B.S., ALLIED HEALTH OPTION)

The Exercise Science Major is designed for students who are interested in the physiological and psychological changes that occur in response to physical activity. It is intended for students who would like to pursue a career in fitness leadership, sports medicine, physical therapy, occupational therapy, athletic training, personal training, strength and conditioning, and cardiac rehabilitation. Exercise Science is a multidisciplinary evidence-based field, which is fast-growing and ever changing. Exercise scientists use their knowledge of the human body and exercise leadership skills to help people improve physical performance, fitness, health, and overall quality of life. The Exercise Science major has some flexibility. Students choose an option that best accomplishes their career objectives.

The Allied Health Option is intended for students who wish to pursue a career in healthcare professions, such as physical therapy, cardiac rehabilitation, occupational therapy, and athletic training.

The Pre-Athletic Training Specialization is only for students planning to attend Keene State College for 3 years, then begin a master's degree at Plymouth State University. The 5-year (3+1+1) pathway to a master's degree in Athletic Training.

DECLARATION OF MAJOR AND RETENTION CRITERIA

Students are accepted to the College as an Exercise Science major or may declare it after starting at KSC.

Based on career goals, students will select the appropriate Option. Faculty in the Human Performance and Movement Science Department will assist students with program planning.

Due to the accelerated nature of the 3+2 MS in Athletic Training with PSU, declaration in the BS in Exercise Science, Allied Health Option, Pre-Athletic Training Specialization is encouraged upon entry to the College, but must be made no later than the end of the second year at Keene State College.

PROGRESSION CRITERIA

After the completion of two semesters within the program, the ability to register for upper-level Exercise Science courses will depend on the successful completion of:

- Successful completion of the Allied Requirement courses.
- Minimum Cumulative Grade Point Average of 2.5.
- Minimum Cumulative Grade Point Average in the Exercise Science major of 2.5.
- A minimum grade of C in HPEX 250.

Integrative Studies Requirements

40 credits minimum

Code	Title	Credits	Completed
Major Requirements (68 credits)			
<i>Allied Requirements:</i>			
MATH-141	Introductory Statistics	4	_____

INCHEM-111	General Chemistry	4	_____
ISHLSC-285	Health in Society	4	_____
<i>And</i>			
BIO-230	Human Anat & Phys I	4	_____
BIO-332	Human Anat & Phys II	4	_____
<i>Competency Requirement for Exercise Science</i>			
All students majoring in Exercise Science are required to be certified in Standard First Aid and CPR/AED for courses marked with a ¹ .			
Exercise Science Core Requirements			
HPEX-250	Intro to Exercise Science	4	_____
HP-300	Applied Kinesiology	4	_____
HP-301	Physiology of Exercise	4	_____
HPEX-332	Exer Test & Program ¹	4	_____
HPEX-335	Adv Strength & Conditioning ¹	4	_____
HP-344	Sports Nutrition	4	_____
HPEX-372	Prac: Exercise Leadership ^{1,2}	4	_____
HPEX-492	Exercise Science Seminar ²	4	_____
<i>Allied Health Option Requirements</i>			
IHP-352	Exercise Psychology	4	_____
HP-340	Epidemiology of PA	4	_____
HP-341	Pathology, Pharm & Exercise	4	_____
HP-460	Research Methods in Human Movt	4	_____

**Allied Health Option Students interested in health professions will be advised to take open elective courses that fulfill graduate school prerequisites.

Total Credits **68**

¹ Students are required to be certified in Standard First Aid and CPR/AED.

² Enrollment in upper-level practicum coursework: HPEX-372, HP-472, and HPEX-492 requires the following:

- Earned grade of C or better in required Exercise Science courses.

Allied Health Option Pre-Athletic Training Specialization Requirements

In addition to completing the Integrative Studies Program Requirements, students enrolled in the 3+1+1 with Plymouth State University must complete the Exercise Science Allied Health Option as follows:

Code	Title	Credits	Completed
Allied Course Requirements (INCHEM-111, MATH-141, BIO-230, BIO-332, ISHLSC-285)		20	_____
The first five courses in the Core requirements (HPEX-250, HP-300, HP-301, HPEX-332, HPEX-335)		20	_____
Exercise Science-Allied Health Option w/ Pre-Athletic Training Specialization (HP-341, HP-344, IIHP-352, HP-460, HPEX-372, HPEX-492)		24	_____
HP-340	Epidemiology of PA	4	_____
INPHYS-141	College Physics I	4	_____
ISPSYC-101	General Psychology	4	_____
Total Credits		76	_____

Pre-Athletic Training Specialization

Retention in Exercise Science Major Allied Health Option – Pre-Athletic Training Specialization

- Cumulative GPA of 3.2
- Earn a B or better in Exercise Science Allied, Major Core and Major Option coursework.
- Earn a BC or better in the following elective courses that serve as pre-requisites: ISPSYC-101 General Psychology, INPHYS-141 College Physics I, other courses may be added per accreditation updates for professional programs. Students should meet with their academic advisor to ensure degree progression.

Students will need to complete a graduate school application to PSU during their third year. Qualified students will be given special consideration for early admission into the Master of Science degree program in Athletic Training for their 4th and 5th year of study at PSU at the end of the 3rd year of study if the student has earned:

- 40 credits of Integrative Studies¹
- 90 credits toward a Bachelor of Science degree at Keene State College¹
- Minimum cumulative Grade Point Average of 3.2
- Prerequisite courses with required grade minimums¹
- Students will earn a BS degree in Exercise Science Allied Health Option from KSC after successful completion of the fourth year at Plymouth State University and are eligible to walk at commencement at KSC.

¹ Coursework and requirements will overlap and does not equate to an increased academic load in three years.

Electives

HP-472 Externship: Pre-requisite course includes successfully completing a Practicum course within the discipline. Because of the on campus and off campus experiences/placements, students must request through their advisor a desire to enroll in Externship to ensure HPMS faculty secure an externship opportunity. Students enrolling in HP-472 Externship must work with the Externship instructor prior to the semester to find a placement that matches the strengths of the student with the placement site.

Students interested in Physical Therapy, Occupational Therapy, Cardiac Rehabilitation or Athletic Training will be advised to take open elective courses that fulfill graduate school prerequisites.

Electives

Students must select courses to reach a minimum total of 120 credits for the degree.

Degree Requirements

120 credits

40 credits at upper-level

Upon completion of the Exercise Science B.S. degree, Allied Health Option, students will:

- Demonstrate an understanding of the relationships between proper nutrition, physical activity, prevention of common diseases, and overall wellness.
- Demonstrate the ability to assess a patient/client fitness level using the widely accepted five components of health-related fitness. (Muscular Strength, Muscular Endurance, Flexibility, Cardiorespiratory Fitness, and Body Composition).
- Apply critical thinking and research-based decision making in developing an exercise program for athletes, healthy adults and diseased populations as outlined by the American College of Sports Medicine and the National Strength and Conditioning Association.
- Identify components of human movement to demonstrate and apply common strength and conditioning exercises.
- Discuss and understand evidence-based information on current exercise physiology principles as they relate to athletes, the general population, or disease.
- Evaluate current literature to determine safe and effective exercise programs to achieve desired client health fitness outcomes/goals.
- Plan and apply a progressive fitness or sport activity/program adapted based on client's age, health, fitness level, or sport experience.