EXERCISE SCIENCE (B.S.)

The Exercise Science Major is designed for students who are interested in studying the body as it pertains to human movement and the physiological changes that occur in the body in response to exercise and physical activity. It is intended for students who would like to pursue a career in exercise science, sports medicine, pre-physical therapy, pre-occupational therapy, pre-athletic training, personal training, strength and conditioning, and cardiac rehabilitation. Exercise Science is a multidisciplinary evidence-based program, 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 where students must choose an option that best accomplishes their career objectives.

The Allied Health Option is intended for students who wish to pursue a career in health professions, cardiac rehabilitation, sports medicine, pre-physical therapy, pre-occupational therapy, pre-athletic training.

The Pre-Athletic Training Specialization is specific for the 5-year (3+2) Keene State College to Plymouth State University pathway and provides undergraduate students a path to an accelerated master’s degree in Athletic Training.

The Human Performance Option is intended for students who wish to pursue exercise science, personal training and fitness, and strength and conditioning.

Declaration of Major and Retention Criteria

Students are accepted to the College as an Exercise Science major. Based on career goals, students will select the appropriate Option. Faculty in the Human Performance and Movement Science Department assist with program planning throughout the program of study.

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:
  - Minimum Cumulative Grade Point Average of 2.5
  - Minimum Cumulative Grade Point Average in the Exercise Science major of 2.5
  - Completion of the Allied Requirement courses.