

EXERCISE SCIENCE (B.S., HUMAN PERFORMANCE 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 Human Performance Option is intended for students who wish to pursue careers in personal training, group fitness, or strength and conditioning.

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.

PROGRESSION CRITERIA

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

- Successful completion of the Allied Requirement courses.
- A minimum cumulative grade point average of 2.5.
- A minimum grade of C in HPEX 250.
- To graduate, Students must have a minimum GPA of 2.5 in the Exercise Science major.

Integrative Studies Requirements

40 credits minimum

Code	Title	Credits	Completed
Major Requirements (68 credits)			
<i>Allied Requirements:</i>			
MATH-111	Applied College Algebra	4	
INCHEM-100	Introduction to Chemistry	4	
INHP-220	Physical Activity and Disease	4	
<i>And</i>			
BIO-230	Human Anat & Phys I	4	
BIO-332	Human Anat & Phys II	4	

Competency Requirement for Exercise Science

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	

Human Performance Option Requirements

HP-210	Principles of Coaching	4	
HPEX-371	Str & Conditioning Practicum	4	
HP-444	Sports & Rec. Administration	4	
IIHP-310	Psycho-Social Aspects of Sport	4	

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.
- Maintain a cumulative and major GPA of 2.5.
- Current certification in Adult CPR & First Aid.

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, 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, Human Performance Option, students will:

- Demonstrate an understanding of the relationships between proper nutrition, physical activity, prevention of common diseases, and overall wellness.
- Identify vital components of the bones and muscles involved in human movement.
- Describe and apply physiological and anatomical principles to exercise and sport.
- 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 use evidence-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.
- Discuss, understand and present evidence based information on current exercise physiology principles as they relate to athletes, the general population, and disease.
- Describe a variety of factors (i.e. social, economic, and psychological factors) that effect overall health.
- Demonstrate and apply common strength and conditioning exercises to all populations.