

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.