

Health and Exercise Science

Degree Type

Bachelor of Science - Major

Major Requirements

Consists of 48 credit hours in the following courses:

Required Courses

Course Code	Title	Credits
BIOL-110	Principles of Biology I	4
ES-230	Introduction to Health and Exercise Science	3
ES-249	Foundation of Human Nutrition	3
BIOL-305	Introduction to Human Anatomy	4
BIOL-314	Human Physiology	4
ES-300X	Personal and Community Health	3
ES-320	Kinesiology	3
ES-335	Physiology of Exercise	3

Choose One Course from Each of the Following

Course Code	Title	Credits
ES-456	Management Concepts in Health Care	3
AT-556	Management Concepts in Health Care	3
ES-360	Organization and Administration of Health and Exercise Science	3

Course Code	Title	Credits
ES-467	Health & Exercise Psychology	3
AT-567	Psychology of Sport Performance and Injury	3

Course Code	Title	Credits
ES-460	Senior Seminar	3
AT-560	Athletic Training Seminar I	3

An additional 12 credits from the following

Course Code	Title	Credits
AT-501	Anatomy for Healthcare Professionals I	3
BUS-120	Survey of Business	3
BUS-310	Principles of Marketing	3
CHEM-250	Fundamental Organic Chemistry	4
COMM-447	Science, Environment, and Health Communication	3
ES-215	Research Methods	3
ES-325	Principles of Health & Physical Fitness Assessment	3
ES-340	Teaching Methods for School Health	3
ES-342	Foundations of Strength & Conditioning	3
ES-345	Motor Behavior	3
ES-357X	Global Healthcare and Sport	3
ES-385	Adapted Physical Education and Recreation	3
ES-427	Health Promotion and Wellness	3
ES-428	Implementing Health Promotion Programs	3
MATH-140	Introduction to Statistics	3
PSY-310	Psychopathology	3
PSY-370	Developmental Psychology	3

In addition, may choose one course from each of the following:

Course Code	Title	Credits
ES-255	First Aid/CPR/AED Instructor	3
ES-260	First Aid and Safety	3

Course Code	Title	Credits
ES-491	Research	3
ES-499	Honors Project	3

Course Code	Title	Credits
PHIL-320E	Professional Ethics	3
PHIL-235E	Bioethics	3
Total Credits		48

This major introduces students to the sub-disciplines of health and exercise science, providing students with a sound preparation upon which to develop a career or to pursue graduate study in the discipline.