

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
FCS-312X	Adult Development and Aging	3
FCS-355	Sports Nutrition	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.

General Education Requirements

In addition to major offerings, the Department of Health and Human Sciences contributes to the College's FILA general education program. All students are required to develop skill in a physical activity by completing a one-credit activity course. No more than 4 credits in activity courses may be applied toward graduation.