

EXERCISE SCIENCE, HEALTH AND FITNESS, BACHELOR OF ARTS - EXHF

Major Requirements (52 credits)

This major will prepare students to sit for the ACSM exam which provides a certification to work as an Exercise Physiologist.

Code	Title	Credits
Required Courses:		
BIO 245	We Like to Move It (Move it): Introduction to Kinesiology	3
BIO 329	Exercise Physiology	4
EXSC 110	Strength and Conditioning	3
EXSC 330	Exercise Testing and Prescription	3
EXSC 340	Exercise Programming for Special Populations	3
EXSC 480	Exercise Science Practicum	1
EXSC 485	Research Methods in Exercise Science	3
NURS 310	Nutrition for Health and Healing	2
PSYC 156	Introduction to Psychology: Culture and Systems	3
or PSYC 157	Introduction to Psychology: Science for the Citizen	
MATH 114	Introduction to Statistics	3
BIO 141	Human Anatomy and Physiology I	4
BIO 142	Human Anatomy and Physiology II	4
CHEM 118	Integrated General, Organic and Bio-Chemistry	4
Choose 3-4 courses from the following:		12
BIO 240	Cats' Paws and Catapults: Animal Biomechanics	
BIO 318	Immunology	
BIO 340	Medical Terminology	
BIO 417	Cancer Biology	
PHIL 255	Medical Ethics	
PHYS 111	College Physics I: Mechanics and Waves	
PHYS 112	College Physics II: Temperature, Electricity, and Light	
PSYC 305	Lifespan Developmental Psychology	
Total Credits		52