

# EXERCISE SCIENCE MAJOR (BA TRADITIONAL, BA ADULT ONLINE)

---

The Exercise Science major focuses on kinesiology concepts in human movement, exercise, and management. The program prepares students for positions in settings such as fitness/wellness centers, personal training, coaching, rehabilitation sciences, and health and wellness education. Students are prepared for post-baccalaureate study in areas such as human growth, aging, athletic training, biomechanics, chiropractic, exercise physiology, sport management, sport psychology, and more.

## General Education Requirements

All degree seeking undergraduate students must complete the general education (<http://catalog.csp.edu/archive/2021-2022/undergraduate/academic-information/general-education-requirements/>) requirements.

## Degree Requirements

Bachelor of Arts (<http://catalog.csp.edu/archive/2021-2022/undergraduate/academic-information/graduation-requirements/#ba>) degree consists of a major of typically 32 to 44 credits or two minors, general education courses, and elective courses totaling a minimum of 120 credits.

Code	Title	Credits
<b>Required</b>		
KHS 225	Foundations of Exercise and Sports Science	4
KHS 435	Sport and Exercise Psychology	4
KHS 311	Functional Anatomy	4
KHS 474	Exercise Physiology	4
KHS 473	Biomechanics	4
KHS 300	Applied Nutrition	4
KHS 394	Sport Business	4
KHS 436	Motor Development, Control & Motor Learning	4
KHS 450	Exercise Assessment	4
KHS 475	Applied Exercise Prescription	4
KHS 498	Internship	4
<b>Total Credits</b>		<b>44</b>