

# EXERCISE SCIENCE MAJOR (BS TRADITIONAL)

The Bachelor of Science in Exercise Science focuses on kinesiology science concepts in human movement, exercise, and wellness. This program prepares students positions in settings such as fitness/wellness centers, personal training, coaching, rehabilitation sciences, and health and wellness education. This B.S. degree can also serve as preparation for post-baccalaureate study in areas such as physical therapy, chiropractic, human growth, aging, athletic training, biomechanics, exercise physiology, sport management, sport psychology, and more. The B.S. degree is a more in depth major with additional coursework in Biology, Mathematics, and Human Anatomy.

## 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 Science (<http://catalog.csp.edu/archive/2021-2022/undergraduate/academic-information/graduation-requirements/#bs>) degree consists of a major of typically 45 to 60 credits, general education courses, and elective courses totaling a minimum of 120 credits.

Code	Title	Credits
<b>Prerequisites from General Education</b>		
BIO 120	General Biology I (4)	
CHE 115	General Chemistry I (4)	
MAT 110	Introduction to Probability and Statistics (3)	
<b>Required</b>		
BIO 315	Human Anatomy and Physiology I	4
KHS 220	Research Methods	4
KHS 225	Foundations of Exercise and Sports Science	4
KHS 300	Applied Nutrition	4
KHS 311	Functional Anatomy	4
KHS 316	Psychology of Sport Injury and Rehabilitation	4
KHS 400	Health Psychology	4
KHS 436	Motor Development, Control & Motor Learning	4
KHS 450	Exercise Assessment	4
KHS 472	Athletic Training, Injury Prevention, and Safety	4
KHS 473	Biomechanics	4
KHS 474	Exercise Physiology	4
KHS 475	Applied Exercise Prescription	4
KHS 498	Internship	4
<b>Electives</b>		
Select 12 credits of the following:		12
BIO 316	Human Anatomy and Physiology II (4)	
BIO 350	Medical Terminology (2)	
CHE 116	General Chemistry II (4)	

KHS 435	Sport and Exercise Psychology (4)	
KHS 439	Physical Dimensions of Aging (3)	
KHS 482	Advanced Athletic Training (4)	
MAT 125	Precalculus (4)	
or MAT 135	Calculus I (4)	
PHS 112	Introductory Physics for Biological and Health Sciences I (4)	
<b>Total Credits</b>		<b>68</b>