

EXERCISE SCIENCE 3+2 OPTION (BA + MS EXERCISE SCIENCE)

The undergraduate 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, sports management, sport psychology, and more.

The Master of Science in Exercise Science is designed to advance the skills and knowledge of current and future Exercise Science professionals. By utilizing a combination of theoretical inquiry and practical application, students will gain greater insight regarding exercise testing and prescription as they relate to working with diverse populations. Major topics discussed include exercise physiology, exercise testing, applied exercise prescription, biomechanics, nutrition and metabolism, and psychology of sport and exercise. This program will prepare students to become leaders within the Exercise Science industry.

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.

The 3+2 program allows high-performing students to have the ability to shorten their timeline for completion of a master's degree. Admission to the 3+2 program requires:

1. Completion of 64 credits or an associate's degree,
2. a 3.00 CGPA,
3. a written essay, and
4. an interview (telephone or in person) with the department.

Interested students should contact the department or their academic advisor for specific information regarding the 3+2 program.

Code	Title	Credits
BA + MS Exercise Science Coursework		
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
KHS 585	Biomechanics in Exercise Science	3
KHS 600	Exercise Physiology	3
KHS 590	Psychology of Sport and Exercise	3
KHS 610	Research Methods	3
KHS 595	Clinical Exercise Assessment	3
KHS 605	Nutrition and Metabolism	3
KHS 513	Strength and Conditioning	3
KHS 580	Mechanisms of Skilled Neuromuscular Behavior	3
KHS 615	Exercise Prescription	3
KHS 570	Ethics and Sociology in Sport and Exercise Science	3
KHS 620	Master's Capstone	3
Total Credits		77