

EXERCISE SCIENCE (BA, 90 CREDIT)

The 90 credit 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 and development, 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 (<https://catalog.csp.edu/undergraduate/academic-information/general-education-requirements/>) requirements.

Degree Requirements

A Bachelor of Arts, reduced credit degree consists of a major of 30 to 44 credits, general education courses, upper-level requirements, and elective courses totaling a minimum of 90 credits.

| Code | Title | Credits |
|----------------------|---|-----------|
| KHS 230 | Foundations of Exercise and Sports Science | 3 |
| KHS 318 | Applied Nutrition | 3 |
| KHS 340 | Functional Anatomy | 3 |
| KHS 345 | Sport Business | 3 |
| KHS 425 | Exercise & Sport Psychology | 3 |
| KHS 436 | Motor Development, Control & Motor Learning | 4 |
| KHS 480 | Exercise Assessment | 3 |
| KHS 473 | Biomechanics | 4 |
| KHS 474 | Exercise Physiology | 4 |
| KHS 475 | Applied Exercise Prescription | 4 |
| KHS 498 | Internship | 3 |
| Total Credits | | 37 |