

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 (<https://catalog.csp.edu/undergraduate/academic-information/general-education-requirements/>) requirements.

Degree Requirements

A Bachelor of Arts degree consists of a major of typically 30 to 44 credits or two minors, general education courses, upper-level requirements, and elective courses totaling a minimum of 120 credits.

Code	Title	Credits
Required		
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