EXERCISE AND SPORT SCIENCE, B.S. - ALLIED HEALTH

The program outline and graduation requirements are listed below. In addition, free electives are selected to reach 120 credits overall required for graduation.

The department website provides an overview of the program, admission requirements (when applicable), faculty biographies, learning outcomes, and careers: https://www.southernct.edu/academics/hms/programs

GENERAL EDUCATION REQUIREMENTS

All bachelor’s degree programs include liberal education (LEP) and writing (W) course requirements. Detailed information on these requirements is published in this section of the catalog: https://catalog.southernct.edu/undergraduate/general-information/lep.html.

Writing courses are not additional course requirements, course sections that meet this requirement are designated with a ‘W’ on the class schedule. Courses in the major and/or cognate may also be used to satisfy LEP requirements where noted below (*).

MAJOR REQUIREMENTS (44 Credits)

HMS 160 - Introduction to Human Performance (C- or better)
HMS 283 - Functional Anatomy (C- or better)
HMS 301 - Exercise and Nutrition ('C' or better)
HMS 308 - Conditioning for Strength and Human Performance ('C' or better)
HMS 380 - Sport Psychology ('C' or better)
HMS 383 - Biomechanics ('C' or better)
HMS 384 - Exercise Physiology ('C' or better)
HMS 387 - Standard First Aid and Personal Safety
HMS 389 - Exercise Physiology II ('C' or better)
HMS 411 - General Medical Perspectives ('C' or better)
HMS 421 - Organization and Administration in Human Performance ('C' or better)
HMS 485 - Measurement and Statistics in Exercise Science ('C' or better)
HMS 488 - Exercise Testing and Prescription ('C' or better)
HMS 497 - Exercise and Sport Science Internship (T3)*

COGNATE REQUIREMENTS (28 Credits)

Required (C- or better):
BIO 200 - Human Anatomy and Physiology I
BIO 201 - Human Anatomy and Physiology II
CHE 120 - General Chemistry (T2PR)*
PCH 200 - Introduction to Nutrition
PSY 100 - Introduction to Psychology (T2MB)*

Select one (C- or better) (T2LE)*:
BIO 100 - General Zoology
BIO 120 - Microbiology

Select one (C- or better) (T1QR)*:
MAT 107 - Elementary Statistics
MAT 122 - Precalculus

Select one (T2PR)*:
PHY 200 - General Physics I
PHY 210 - College Physics
PHY 230 - Physics for Scientists or Engineers I