EXERCISE AND SPORT SCIENCE, B.S. - CONCENTRATION: SPORT SCIENCE

This 120-credit specialization in sport science is a non-teaching Bachelor of Science option for Exercise and Sport Science majors. The curriculum provides students with an understanding of the exercise sciences which include physiology of exercise, psychology of sport, advanced topics in strength & conditioning, group exercise instruction, exercise for special populations, nutrition and exercise, and biomechanics. The required six-credit internship provides the student an opportunity to apply scientific course work principles in a fitness or strength and conditioning environment.

The Exercise and Sport Science program is endorsed by the American College of Sports Medicine and accredited by the Commission on Accreditation of Allied Health Education Programs. Exercise and Sport Science - Sport Science graduates are prepared for employment in the physical fitness industry, corporate wellness, and strength & conditioning coaching, and are prepared for graduate schooling in exercise science with a focus on strength & conditioning. The program curriculum and mission aligns with the Exercise is MedicineTM initiative, which encourages health care providers to include physical activity with prescriptive medicine when providing client care.

Specific occupational opportunities include adult fitness in a corporate, community, or commercial setting; coaching or training in a high school, college, or Olympic training center; youth fitness in public and private agencies; special population fitness for infants, the elderly, various clinical populations and physically and emotionally handicapped individuals; or research assistant in sports nutrition or strength and conditioning.

This program has a separate admission process. Students will enter the program as pre-Exercise and Sport Science-Sport Science students. For program acceptance they must achieve at least a 2.70 GPA in the 9 core courses (HMS 160, HMS 283, HMS 281/BIO 200, HMS 282/BIO 201, PCH 200, BIO 100/120, PSY 100, MAT 107/122, and PHY 103), with no single course grade lower than C-, and formally apply and interview with the program faculty. Overall University GPA must also be at least 2.50 for program acceptance.

120 Credits Required
Overall GPA 2.5

LIBERAL EDUCATION PROGRAM AND WRITING REQUIREMENTS

Liberal Education Program

Students must complete a comprehensive three-tiered Liberal Education Program (LEP). View all requirements of the tiers on the Liberal Education Program.
While the choice of courses that fulfill the requirements is generally left up to students, courses in the major and/or cognate may also satisfy LEP requirements. These shared courses are recommended below to fulfill both areas, although the course credits are only counted once towards the 120 credits required for graduation.

Tier 1 - Quantitative Reasoning (select one):
   - MAT 107 - Elementary Statistics (C- or better)
   - MAT 122 - Precalculus (C- or better)

Tier 3 – Capstone:
   - HMS 497 – Human Performance Practicum

MAJOR REQUIREMENTS

47 Credits Required

   HMS 160 - Introduction to Human Performance (C- or better)
   HMS 204 - Field Experience in Group Exercise Instruction
   - Human Anatomy & Physiology I ('C-' or better)
     or
     BIO 200 - Human Biology I ('C'- or better)
   - Human Anatomy & Physiology II ('C-' or better)
     or
     BIO 201 - Human Biology II ('C'- or better)
   - 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 Psychology ('C' or better)
     HMS 387
   - Standard First Aid and Personal Safety
     HMS 401
- Exercise for Special Populations ('C' or better)
  HMS 421
- Organization and Administration in Human Performance ('C' or better)
  HMS 455
- Conditioning for Strength and Human Performance II
  HMS 485
- Measurement and Statistics in Exercise Science ('C' or better)
  HMS 497
- Human Performance Practicum

COGNATE REQUIREMENTS

18 Credits Required

  BIO 100
  - General Zoology (C- or better)
    or
  BIO 120
  - Microbiology (C- or better)
  MAT 107
  - Elementary Statistics (C- or better)
    or
  MAT 122
  - Precalculus (C- or better)
    PCH 200
  - Introduction to Nutrition (C- or better)
    PHY 103
  - Physics and Technology for Healthcare Professionals (C- or better)
    PSY 100
  - Introduction to Psychology (C- or better)
    PSY 228
  - Personality

FREE ELECTIVES

Remaining credits to reach total Overall Credits Required (listed above).