

# Exercise Science and Sports Performance

## Division of Health Professions

- **Major: 70.5-71.5 credit hours**
- **Minor: 23-24 hours**
- **Major/Minor GPA required for graduation: 2.50**
- **All courses for the major or minor must be completed with a grade of C or better**

### PROGRAM REQUIREMENTS:

- **Capstone: Seminar for Exercise Science and Sports Performance (PED 492) and Internship in Exercise Science and Sports Performance (PED 470)**
- **Research: Evaluation and Research in Exercise Science and Sport (PED 405)**

**Mission:** The exercise science and sports performance program is designed to prepare students in biological sciences and exercise science content knowledge with culminating coursework in real-world internship settings. Coursework and program requirements provide preparation in the knowledge, skills, and abilities outlined by the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA) professional associations.

**Description of Major:** This major will build the foundation for students interested in careers in the field of exercise science and sports performance. Completion of this major will also make students eligible to receive the following additional certifications: American Red Cross First Aid/CPR Instructor, Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association as well as the Health Fitness Specialist and Personal Trainer certifications through the American College of Sports Medicine (ACSM). Students may also be eligible for Clinical Certifications through the ACSM.

### Student Learning Outcomes

*Students will:*

- Demonstrate an understanding of basic biomechanical principles and musculoskeletal anatomy.
- Understand general exercise physiology principles and demonstrate the creation of exercise prescription (pre-exercise assessment, flexibility, muscular strength, endurance, and cardiovascular).
- Assess, design, implement, and evaluate cardiorespiratory, flexibility, muscular strength, muscular endurance, and dietary habits for a diverse spectrum of participants.
- Demonstrate the ability to work with diverse populations while practicing both written and oral communication grounded in current evidence-based professional research and practices.
- Investigate benefits offered through professional memberships and certifications and provide opportunities for achieving professional memberships and certifications.
- Comprehend and develop administrative and organizational policies and procedures for exercise and recreational programming.

**Preparation:** The exercise science and sports performance degree prepares students to teach in community and school settings and to obtain professional certifications recognizable in athletic, exercise, and fitness professions.

### Exercise Science and Sports Performance Major

Exercise Science and Sports Performance majors must complete the health professions core requirements and the exercise science and sports performance major requirements.

**HEALTH PROFESSIONS**
**CORE REQUIREMENTS** 28-29 crs.

<b>BIO 101</b>	<b>BIOLOGY FOR LIFE</b>	<b>4</b>
<i>or</i>		
<b>BIO 110</b>	<b>PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY</b>	<b>5</b>
<b>BIO 308</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY I</b>	<b>5</b>
<b>BIO 309</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY II</b>	<b>5</b>
<b>HPE 158</b>	<b>HEALTH AND WELLNESS</b>	<b>3</b>
<b>HPE 250</b>	<b>ASSESSMENT THROUGH TEST AND MEASUREMENTS FOR HEALTH PROFESSIONS</b>	<b>3</b>
<b>HPE 300</b>	<b>HUMAN NUTRITION</b>	<b>3</b>
<b>PED 157</b>	<b>FOUNDATIONS OF HEALTH PROFESSIONS</b>	<b>3</b>
<b>PED 206</b>	<b>FIRST AID</b>	<b>2</b>

**EXERCISES SCIENCE AND SPORTS PERFORMANCE**
**MAJOR REQUIREMENTS** 42.5 crs.
**RECREATIONAL ACTIVITIES** 1.5

Students will complete:

- 1) Principles of Strength Training,
- 2) Principles of Speed, Agility, and Quickness, *and*
- 3) Advanced Strength Training

<b>HPE 200</b>	<b>FOUNDATIONS OF HUMAN MOVEMENT</b>	<b>3</b>
<b>ATH 200</b>	<b>MEDICAL TERMINOLOGY</b>	<b>3</b>
<b>PED 202</b>	<b>PSYCHOLOGY OF COACHING</b>	<b>3</b>
<i>or</i>		
<b>PED 465</b>	<b>SPORT AND HEALTH PSYCHOLOGY</b>	<b>3</b>
<b>PED 349</b>	<b>PHYSIOLOGY OF EXERCISE</b>	<b>3</b>
<b>PED 356</b>	<b>INSTRUCTION FOR EXERCISE AND LIFETIME ACTIVITY</b>	<b>4</b>
<b>PED 357</b>	<b>ADMINISTRATION AND DEVELOPMENT OF PHYSICAL ACTIVITY PROGRAMMING (W)</b>	<b>3</b>
<b>PED 365</b>	<b>MOTOR DEVELOPMENT ACROSS THE LIFESPAN</b>	<b>3</b>
<b>PED 403</b>	<b>KINESIOLOGY (W)</b>	<b>3</b>
<b>PED 404</b>	<b>MOTOR LEARNING</b>	<b>2</b>
<b>PED 405</b>	<b>EVALUATION AND RESEARCH IN EXERCISE SCIENCE AND SPORT</b>	<b>3</b>
<b>PED 455</b>	<b>CONCEPTS OF RESISTANCE TRAINING</b>	<b>3</b>

<b>PED 460</b>	<b>FIRST AID/CPR/AED INSTRUCTOR</b>	<b>2</b>
<b>PED 470</b>	<b>INTERNSHIP IN EXERCISE SCIENCE AND SPORTS PERFORMANCE</b>	<b>4</b>
<b>PED 492</b>	<b>SEMINAR FOR EXERCISE SCIENCE AND SPORTS PERFORMANCE (taken concurrently with an internship)</b>	<b>2</b>

**EXERCISE SCIENCE AND SPORTS PERFORMANCE MINOR** 23-24 crs.

<b>BIO 101</b>	<b>BIOLOGY FOR LIFE</b>	<b>4</b>
<i>or</i>		
<b>BIO 110</b>	<b>PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY</b>	<b>5</b>
<b>BIO 308</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY I</b>	<b>5</b>
<i>or</i>		
<b>BIO 309</b>	<b>HUMAN ANATOMY AND PHYSIOLOGY II</b>	<b>5</b>
<b>PED 202</b>	<b>PSYCHOLOGY OF COACHING</b>	<b>3</b>
<b>PED 206</b>	<b>FIRST AID</b>	<b>2</b>
<b>PED 349</b>	<b>PHYSIOLOGY OF EXERCISE</b>	<b>3</b>
<b>PED 455</b>	<b>CONCEPTS OF RESISTANCE TRAINING</b>	<b>3</b>
<b>HPE 300</b>	<b>HUMAN NUTRITION</b>	<b>3</b>