

# BS in Exercise Science

## Admission

Students seeking admission to the BS in exercise science program must have an overall and WSU GPA of 2.000.

## Program Requirements

All students enrolled in exercise science **must** hold and maintain a CPR/AED certification. First aid certification is recommended but not required.

A minimum total of 120 credit hours is required for the BS in exercise science and includes the 56 credit hours of major courses that must be completed with a minimum grade point average of 2.000. In addition to meeting the requirements of the WSU General Education Program (<http://catalog.wichita.edu/undergraduate/academic-information/general-education-program/>) and the requirements of the College of Applied Studies, students in the BS in exercise science must take the following courses:

Course	Title	Hours
<b>General Education</b>		
Select courses to meet General Education requirements <sup>1</sup>		34-35
<b>Required Major Courses</b>		
PHYS 213	General College Physics I	5
CHEM 211	General Chemistry I	5
ID 300	Human-Centric Design Thinking	3
HPS 113	Introduction Exercise Science	3
BIOL 223	Human Anatomy and Physiology	5
or HS 290	Foundational Human Anatomy and Physiology	
HPS 302	Administration in Exercise Science	3
HPS 313	Exercise and Sport Nutrition	3
HPS 328	Kinesiology	3
HPS 440	Concepts in the Prescription of Exercise	3
HPS 461	Biomechanics of Human Movement	3
HPS 470	Experiential Fitness Practicum in Exercise Science	3
HPS 490	Physiology of Exercise	3
HPS 495	Internship in Exercise Science	8
HPS 541	Seminar in Strength and Conditioning	3
HPS 762	Statistical Concepts in Human Performance Studies <sup>2</sup>	3
<b>Open Electives</b>		
Select enough electives to reach 120 credit hours <sup>3</sup>		29-30
<b>Total Credit Hours</b>		<b>120</b>

<sup>1</sup> Required major courses may also count towards General Education requirements. Students will need to select additional electives to reach 120 credit hours required for graduation with assistance from an advisor.

<sup>2</sup> CESP 704 and STAT 370 can substitute for HPS 762.

<sup>3</sup> Select additional exercise science electives, electives and general education credits. Please consult with an advisor for options.

## Departmental Honors Admission

The human performance studies department's honors goals for the exercise science major offers students an interdisciplinary, collaborative and applied learning experience. The exercise science honors track is composed of coursework and a faculty guided scholarly project. Interested students may apply to the exercise science honors track at the same time as they declare the undergraduate major. A minimum GPA of 3.500 in all exercise science coursework is required at the time of application. Applicants must also submit a letter describing their goals for participating in the exercise science honors track and obtain a faculty member's approval to work with them on the honors scholarly project at the time of application.

## Departmental Honors Requirements

Students admitted into the exercise science honors track must complete requirements while maintaining a minimum GPA of 3.500 in all exercise science coursework to receive the departmental honors designation on their diploma and transcript. Majors who choose to participate in the honors program are provided with the opportunity engage in an enriched scholarship and research experience at a level far more intensive than is possible in a typical undergraduate course.

- Complete additional honors assignment/project in four human performance studies exercise sciences undergraduate courses (12 credit hours) below. Contact the department for permission to enroll. Honors course options can be added to any of the courses below:

Course	Title	Hours
HPS 313H	Exercise and Sport Nutrition Honors	3
HPS 440H	Concepts in the Prescription of Exercise Honors	3
HPS 461H	Biomechanics of Human Movement Honors	3
HPS 490H	Physiology of Exercise Honors	3
HPS 541H	Seminar in Strength and Conditioning Honors	3

- Complete an honors portfolio. Students will maintain an on-going portfolio that will include class assignments, activities, reflections and scholarly projects completed while participating in the exercise science honors track.
- Students will actively participate in human performance studies facilitated meetings with other honors students.
- Be a participating member of the WSU Exercise Science Student Organization (ESSO).
- Complete a scholarly research activity with an exercise science faculty member during the final year of the program and give a public presentation on some aspect of the project during the final semester. Enrollment in HPS 595H Human Performance Research Honors (3 credit hours) is required. Contact your exercise science faculty research mentor for permission to enroll.

## Departmental Honors Applied Learning

Students in the departmental honors in exercise science are required to complete an applied learning or research experience to graduate from the program. The requirement can be met by completing HPS 595H Human Performance Research Honors and giving a public presentation on some aspect of the scholarly project.

***Applied Learning***

Students in the Bachelor of Science in exercise science program are required to complete an applied learning or research experience to graduate from this program. The requirement can be met by successfully completing HPS 495 Internship in Exercise Science.