

# BA in Exercise Science

## Program Requirements

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

The BA in exercise science requires a 2.500 GPA overall and for the major, and a minimum of 120 total credit hours including the following:

Course	Title	Hours
<b>Required Courses</b>		
PHYS 213	General College Physics I	5
CHEM 211	General Chemistry I	5
ID 300	Design Thinking & Innovation	3
HPS 113	Introduction Exercise Science	3
BIOL 223 or HS 290	Human Anatomy and Physiology Foundational Human Anatomy and Physiology	5
HPS 302	Administration in Exercise Science	3
HPS 328	Biomechanics of Human Movement	3
HPS 440	Concepts in the Prescription of Exercise	3
HPS 461	Kinesiology	3
HPS 470	Experiential Fitness Practicum in Exercise Science	3
HPS 490	Physiology of Exercise	3
HPS 495	Internship in Exercise Science (Track electives, chosen in consultation with an advisor, may be substituted for HPS 495) <sup>1, 2</sup>	9
HPS 541	Seminar in Strength and Conditioning	3
HPS 762	Statistical Concepts in Human Performance Studies <sup>3</sup>	3
Total Credit Hours		54

## Electives

Select additional exercise science electives, electives and general education credits to total 120 credit hours. Please consult with an advisor for options.

- <sup>1</sup> Preferred option is for students to take HPS 495 (8 credit hours) with 1 credit hour of elective.
- <sup>2</sup> Exercise science course electives are restricted and **must** be selected from the appropriate course list. Please consult an advisor for options.
- <sup>3</sup> CESP 704 can substitute for HPS 762.

## Applied Learning

Students in the Bachelor of Arts 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.