Exercise Science (BS)

This program is offered by the College of Science and Health/ Natural Sciences and Mathematics Department and is only available at the St. Louis main campus.

Program Description

The bachelor of science (BS) in exercise science provides an excellent academic foundation for students choosing to pursue graduate and professional degrees in a wide array of health careers, such as exercise physiology, occupational therapy, physical therapy, medicine and athletic training. Because these fields require post-baccalaureate degrees, students will need to take additional prerequisites that apply to their field of interest. Students who choose not to pursue a post-baccalaureate degree can pursue a career as a personal trainer, wellness coordinator, strength and conditioning coach or in corporate wellness.

Learning Outcomes

Upon completion of the exercise science program, students will be able to:

- Demonstrate basic knowledge of biology, chemistry and physics.
- Demonstrate basic knowledge of human movement.
- Demonstrate knowledge of effective analysis of kinesiology concepts.
- Demonstrate skill in applied kinesiology, in the effective use of problem-solving techniques and in intelligent decision-making skills in clinical settings.
- Demonstrate tolerance and understanding of diverse populations, responsible citizenship, a professional attitude, and ethical behavior.

Degree Requirements

For information on the general requirements for a degree, see Baccalaureate Degree Requirements under the Academic Policies and Information section of this catalog.

- 71 required credit hours
- Applicable University Global Citizenship Program hours
- Electives

Students must complete all courses in the major with a grade of C- or better.

Curriculum

The 71 credit hours required for the exercise science major include the following:

- BIOL 1550 Essentials of Biology I (4 hours)
  and BIOL 1551 Essentials of Biology I: Lab (1 hour)
- BIOL 2350 Nutrition (3 hours)
- BIOL 1610 Anatomy & Physiology I (3 hours)
  and BIOL 1611 Anatomy & Physiology I: Lab (1 hour)
- BIOL 1620 Anatomy & Physiology II (3 hours)
  and BIOL 1621 Anatomy & Physiology II: Lab (1 hour)
- BIOL 4400 Research Methods (3 hours)
- BIOL 4430 Senior Thesis for BS in Biological Science (4

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  and BIOL 1621 Anatomy & Physiology II: Lab (1 hour)
- BIOL 4400 Research Methods (3 hours)
- BIOL 4430 Senior Thesis for BS in Biological Sciences (4 hours)
- EXSC 1318 Careers in Exercise Science (1 hour)
- EXSC 1400 Foundations of Exercise Science (3 hours)
- EXSC 2100 Coaching Health and Human Performance (2 hours)
- EXSC 2356 Principles of Athletic Training (3 hours)
- EXSC 3050 Exercise Physiology (3 hours)
- EXSC 3250 Kinesiology (3 hours)
  and EXSC 3251 Exercise Kinesiology: Lab (1 hour)
- EXSC 4680 Exercise Prescription and Testing (3 hours)
  and EXSC 4681 Exercise Testing and Prescription: Lab (1 hour)
- EXSC 4683 Exercise Prescription for Special Populations (3 hours)
- EXSC 4875 Exercise Science Internship (3 hours)
- CHEM 1100 General Chemistry I (3 hours)
  and CHEM 1101 General Chemistry I: Lab (1 hour)
- CHEM 1110 General Chemistry II (3 hours)
  and CHEM 1111 General Chemistry II: Lab (1 hour)
- PHYS 1710 College Physics I (3 hours)
  and PHYS 1711 College Physics I: Lab (1 hour)
- PHYS 1720 College Physics II (3 hours)
  and PHYS 1721 College Physics II: Lab (1 hour)