EXERCISE SCIENCE, APPLIED EXERCISE PHYSIOLOGY, BS

Bachelor of Science in Exercise Science, Applied Exercise Physiology (555230BS)

More on the Applied Exercise Physiology major (https://www.uakron.edu/sswe/programs/exercise-science/)

Contact Information

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Program Description

The exercise science major is designed to prepare students for employment in commercial, corporate, clinical, community and government agencies with interest in the areas of physical activity and health promotion. The program prepares students to sit for certification examinations such as American College of Sports Medicine Exercise Physiologist Certified and the National Strength and Conditioning Association Certified Strength and Conditioning Specialist.

All major coursework used for graduation requires a grade of C or better.

The following information has official approval of **The School of Exercise and Nutrition Sciences** and **The College of Health and Human Sciences**, but is intended only as a supplemental guide. Official degree requirements are established at the time of transfer and admission to the degree-granting college. Students should refer to the Degree Progress Report (DPR) which is definitive for graduation requirements. *Completion of this degree within the identified time frame below is contingent upon many factors, including but not limited to: class availability, total number of required credits, work schedule, finances, family, course drops/withdrawals, successfully passing courses, prerequisites, among others.* The transfer process is completed through an appointment with your academic advisor.

Three year accelerated option: for first time students who have earned credits for at least the first year of courses. Credits can be earned through qualifying scores on appropriate Advanced Placement (AP) exams or through College Credit Plus Program (CCP) courses. Credits for qualifying AP scores or CCP courses are determined by the appropriate academic department. Departments may assign varied course credit, depending on the student's score on an AP exam or grade in a CCP course. Students may also receive credit by examination or via placement tests, where appropriate.

Requirements Summary

Code	Title	Hours
General Education Requirements (https://bulletin.uakron.edu/undergraduate/general-education/) *		17
Pre-admission Courses		27
Required Courses		38
Applied Exercise Physiology Concentration Electives		38
Total Hours		**120**

* Several courses required for the major also satisfy General Education requirements. The University minimum of 36 credits are required for General Education and credit for these courses will apply to multiple requirements.

General Education Courses

Code	Title	Hours
Students pursuing a bachelor's degree must complete the following General Education coursework. Diversity courses may also fulfill major or Breadth of Knowledge requirements. Integrated and Applied Learning courses may also fulfill requirements in the major.		
Academic Foundations		**12**
Mathematics, Statistics and Logic: 3 credit hours		
Speaking: 3 credit hours		
Writing: 6 credit hours		
Breadth of Knowledge		**22**
Arts/Humanities: 9 credit hours		
Natural Sciences: 7 credit hours		
Social Sciences: 6 credit hours		
Diversity		
Domestic Diversity		
Global Diversity		
Integrated and Applied Learning		**2**
Select one class from one of the following subcategories:		
Complex Issues Facing Society		
Capstone		
Review the General Education Requirements page for detailed course listings.		
Total Hours		**36**

Pre-admission Courses

Code	Title	Hours
EXER:125	Introduction to Exercise Science	1
BIOL:200	Human Anatomy & Physiology I	3
or ANAT:206	Applied Human Anatomy & Physiology I	
BIOL:201	Human Anatomy & Physiology Laboratory I	1
or ANAT:210	Applied Human Anatomy & Physiology Lab I	
BIOL:202	Human Anatomy & Physiology II	3
or ANAT:207	Applied Human Anatomy & Physiology II	
BIOL:203	Human Anatomy & Physiology Laboratory II	1
or ANAT:211	Applied Human Anatomy & Physiology Lab II	
ENGL:111	English Composition I	3

ENGL:112	English Composition II	3
PSYC:100	Introduction to Psychology	3
COMM:105 or COMM:106	Introduction to Public Speaking Effective Oral Communication	3
	Mathematics, Statics, and Logic Requirement	3
	Social Science Requirement	3
Total Hours		**27**

Required Courses

Code	Title	Hours
EXER:150	Concepts in Health & Fitness	3
EXER:201	Kinesiology	3
EXER:220	Health Promotion and Behavior Change	3
EXER:302	Physiology of Exercise	3
EXER:327	Exercise Leadership	3
EXER:330	Exercise and Weight Control	3
EXER:352	Strength & Conditioning Fundamentals	3
EXER:403	Exercise Testing	3
EXER:404	Exercise Prescription	3
EXER:410	Exercise in Special Populations	3
EXER:449	Organization & Administration for Health Care Professionals	3
EXER:460	Practicum in Exercise Science	3
EXER:485	Exercise Science Capstone	2
Total Hours		**38**

Applied Exercise Physiology Concentration Electives

Code	Title	Hours
Complete 38 credits		**38**
BAHA:120	Medical Terminology	
BAHA:230	Basic Pharmacology	
SPRT:100	Introduction to Sport Studies	
SPRT:160	Introduction to Coaching	
EXER:240	Principles of Sports Medicine	
EXER:400	Musculoskeletal Anatomy I: Upper Extremity	
EXER:401	Musculoskeletal Anatomy II: Lower Extremity	
EXER:406	Advanced Strength and Conditioning	
EXER:412	General Medical Aspects	
EXER:418	Cardiorespiratory Function	
SPRT:424	Sports Leadership	
EXER:438	Cardiac Rehab Principles	
EXER:426	Nutrition for Sports	
HEDU:202	Stress Management	
MGMT:470	Sport Business Consulting Project	
SOWK:345	Death and Dying for Health Care Professionals	
SOWK:349	Integrated Human Behavior and Health	
NUTR:133	Nutrition Fundamentals	
EXER:440	Injury Management for Teachers & Coaches	
EXER:480	Special Topics: Exercise Science	
EXER:342	Clinical Assessment & Evaluation Upper Extremity	
EXER:275	Clinical Assessment & Evaluation Lower Extremity	
EXER:445	Therapeutic Exercise & Rehabilitation	
Total Hours		**38**

Recommended Sequence

1st Year		
Fall Semester		**Hours**
BIOL:200	Human Anatomy & Physiology I [1]	3
BIOL:201	Human Anatomy & Physiology Laboratory I [1]	1
ENGL:111	English Composition I [1,2]	3
PSYC:100	Introduction to Psychology	3
EXER:125	Introduction to Exercise Science	1
	Mathematics, Statistics, and Logic Requirement [1]	4
	Hours	**15**
Spring Semester		
BIOL:202	Human Anatomy & Physiology II	3
BIOL:203	Human Anatomy & Physiology Laboratory II	1
ENGL:112	English Composition II [1,2]	3
EXER:150	Concepts in Health & Fitness	3
COMM:105 or COMM:106	Introduction to Public Speaking or Effective Oral Communication	3
	Social Science Requirement	3
	Hours	**16**
2nd Year		
Fall Semester		
EXER:220	Health Promotion and Behavior Change	3
	Humanities Requirement	3
EXER:201	Kinesiology	3
	Elective course [3]	3
	Elective course [3]	3
	Hours	**15**
Spring Semester		
EXER:302	Physiology of Exercise	3
	Arts/Humanities Requirement	3
	Elective course [3]	3
	Elective course [3]	3
	Elective course [3]	3
	Hours	**15**
3rd Year		
Fall Semester		
EXER:352	Strength & Conditioning Fundamentals	3
	Arts Requirement	3
	Elective course [3]	3
	Elective course [3]	3
EXER:327	Exercise Leadership	3
	Hours	**15**
Spring Semester		
EXER:403	Exercise Testing	3
	Complex Issues Requirement	3
	Elective course [3]	3
	Elective course [3]	3

	Elective course [3]	3
	Hours	**15**
4th Year		
Fall Semester		
EXER:330	Exercise and Weight Control	3
	Elective course [3]	3
EXER:410	Exercise in Special Populations	3
EXER:404	Exercise Prescription	3
EXER:449	Organization & Administration for Health Care Professionals	3
	Hours	**15**
Spring Semester		
EXER:460	Practicum in Exercise Science	3
EXER:485	Exercise Science Capstone	2
	Global Diversity Requirement	3
	Elective course [3]	3
	Elective course [3]	3
	Hours	**14**
	Total Hours	**120**

[1] Preadmission courses must average 2.5 GPA with an overall GPA of 2.75 or higher for admission to the program.
[2] ENGL:111 and ENGL:112 must be completed with a grade C or better.
[3] See advisor for appropriate electives based on career choice

Alert: By the end of your first 48 credit hours attempted, you must have completed your General Education Writing, Mathematics, Statistics, and Logic, and Speaking requirements.