EXERCISE SCIENCE, PHYSIOLOGICAL SCIENCES, BS

Bachelor of Science in Exercise Science, Physiological Sciences (555230BS)

More on the Physiological Sciences major (https://www.uakron.edu/sswe/programs/exercise-science)

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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 Sport Science and Wellness Education and The College of Health Professions, 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.

<table>
<thead>
<tr>
<th>1st Year</th>
<th>Fall Semester</th>
<th>Hours</th>
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<tbody>
<tr>
<td>3100:200</td>
<td>Human Anatomy &amp; Physiology I</td>
<td>3</td>
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<tr>
<td>3100:201</td>
<td>Human Anatomy &amp; Physiology Laboratory I</td>
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<tr>
<td>3300:111</td>
<td>English Composition I</td>
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<tr>
<td>3750:100</td>
<td>Introduction to Psychology</td>
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<tr>
<td>5550:125</td>
<td>Introduction to Exercise Science</td>
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<tr>
<th>1st Year</th>
<th>Spring Semester</th>
<th>Hours</th>
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<tbody>
<tr>
<td>3100:202</td>
<td>Human Anatomy &amp; Physiology II</td>
<td>3</td>
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<tr>
<td>3100:203</td>
<td>Human Anatomy &amp; Physiology Laboratory II</td>
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<tr>
<td>3300:112</td>
<td>English Composition II</td>
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<tr>
<td>3850:100</td>
<td>Introduction to Sociology</td>
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<tr>
<td>5550:150</td>
<td>Concepts in Health &amp; Fitness</td>
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<tr>
<td>7600:105</td>
<td>Introduction to Public Speaking or Effective Oral Communication</td>
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<tr>
<th>2nd Year</th>
<th>Fall Semester</th>
<th>Hours</th>
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<tr>
<td>2750:120</td>
<td>Medical Terminology</td>
<td>3</td>
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<tr>
<td>5550:235</td>
<td>Concepts of Motor Learning &amp; Development</td>
<td>3</td>
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<tr>
<td>5550:240</td>
<td>Care &amp; Prevention of Athletic Injuries</td>
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<tr>
<td>5570:202</td>
<td>Stress Management</td>
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<td>Arts Requirement</td>
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<tr>
<th>2nd Year</th>
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<th>Hours</th>
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<tbody>
<tr>
<td>2750:230</td>
<td>Basic Pharmacology</td>
<td>3</td>
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<tr>
<td>5550:201</td>
<td>Kinesiology</td>
<td>3</td>
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<tr>
<td>5550:220</td>
<td>Health Promotion and Behavior Change</td>
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<tr>
<td>5550:426</td>
<td>Nutrition for Sports</td>
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<td>Critical Thinking/Humanities Requirement</td>
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<th>3rd Year</th>
<th>Fall Semester</th>
<th>Hours</th>
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<tr>
<td>5550:302</td>
<td>Physiology of Exercise</td>
<td>3</td>
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<tr>
<td>5550:352</td>
<td>Strength &amp; Conditioning Fundamentals</td>
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<tr>
<td>5550:400</td>
<td>Musculoskeletal Anatomy I: Upper Extremity</td>
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<td>Arts or Humanities Requirement</td>
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<td>Complex Systems Requirement</td>
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<th>3rd Year</th>
<th>Spring Semester</th>
<th>Hours</th>
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<tbody>
<tr>
<td>3006:450</td>
<td>Interdisciplinary Seminar in Life-Span Development &amp; Gerontology</td>
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<tr>
<td>5550:327</td>
<td>Exercise Leadership</td>
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<tr>
<td>5550:401</td>
<td>Musculoskeletal Anatomy II: Lower Extremity</td>
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<td>5550:403</td>
<td>Exercise Testing</td>
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<td>Global Diversity Requirement</td>
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<tr>
<th>4th Year</th>
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<tbody>
<tr>
<td>5550:330</td>
<td>Exercise and Weight Control</td>
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<tr>
<td>5550:355</td>
<td>Exercise in Special Populations</td>
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<tr>
<td>5550:404</td>
<td>Exercise Prescription</td>
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<td>5550:418</td>
<td>Cardiorespiratory Function</td>
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<tr>
<td>5550:449</td>
<td>Organization &amp; Administration for Health Care Professionals</td>
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### Spring Semester

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>5550:412</td>
<td>General Medical Aspects</td>
<td>3</td>
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<tr>
<td>5550:438</td>
<td>Cardiac Rehab Principles</td>
<td>3</td>
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<tr>
<td>5550:460</td>
<td>Practicum in Physical Education</td>
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<tr>
<td>5550:485</td>
<td>Exercise Science Capstone</td>
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**Total Hours:** 14

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1. Preadmission courses must average 2.5 GPA with an overall GPA of 2.75 or higher for admission to the program.
2. 3300:111 English Composition I and 3300:112 English Composition II must be completed with a grade C or better.
3. Critical Thinking can double as a Humanities – see GE course listing (http://www.uakron.edu/general-education) or advisor.

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