

Exercise Science: General

Bachelor of Science (BS)

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

Sample 4-Year Plan

First Year

Fall Courses	Credits	Spring Courses	Credits
EXER161 Intro to Health and Exercise Science	3	EXER294 Resistance Training Techniques	3
HLSC115/BIOL180 Human Anatomy & Physiology 1	4	HLSC120/BIOL181 Human Anatomy and Physiology 2	4
FYS100 First Year Seminar	3	STAT141 Introduction to Statistics	3
WRIT103 Foundations in Composition	3	General Education	6
General Education	3		
Semester Total	16	Semester Total	16

Second Year

Fall Courses	Credits	Spring Courses	Credits
EXER306 Psychology of Sport and Exercise	3	EXER295 Tests and Assessments	3
HLSC108/BIOL108 Medical Terminology for Health Science	3	EXER360 Sport Nutrition	3
PHYS208 Introductory Physics 1	4	General Education / Elective	9
General Education	6		
Semester Total	16	Semester Total	15

Third Year

Fall Courses	Credits	Spring Courses	Credits
EXER351 Biomechanics	3	EXER380 Research in Health and Exercise Science	3
EXER378 Exercise Physiology	3	EXER478 Advanced Exercise Physiology	3
General Education	3	Elective	9
Elective	6		
Semester Total	15	Semester Total	15

Fourth Year

Fall Courses	Credits	Spring Courses	Credits
EXER261 First Aid and Safety	3	EXER498 Exercise Science Internship	6
EXER453 Clinical Exercise Physiology	3	Elective	6
EXER477 Exercise Testing and Prescription	3		
Elective	6		
Semester Total	15	Semester Total	12

Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

Exercise Science

Curriculum Checklist

Core Requirements (46 credits)

- ___ EXER161 Introduction to Health and Exercise Science (3)
- ___ EXER294 Resistance Training Techniques (3)
- ___ EXER295 Test and Assessments (3)
- ___ EXER306 Psychology of Sport and Exercise (3)
- ___ EXER351 Biomechanics (3)
- ___ EXER360 Sport Nutrition (3)
- ___ EXER378 Exercise Physiology (3)
- ___ EXER380 Research Methods in Health and Exercise Science (3)
- ___ EXER453 Clinical Exercise Physiology (3)
- ___ EXER477 Exercise Testing and Prescription (3)
- ___ EXER475 Advanced Exercise Physiology (3)
- ___ EXER498 Exercise Science Internship (6)
- ___ HLSC108/BIO1108 Medical Terminology for Health Science (3)
- ___ HLSC120/BIO1181 Human Anatomy and Physiology 2 (4)

Exercise Science Major Elective (14 credits)

- ___ EXER255 Functional Anatomy (3)
- ___ EXER261 First Aid and Safety (3)
- ___ EXER282 Care and Prevention of Athletic Injuries (3)
- ___ EXER284 Aquatic Exercise Programming (3)
- ___ EXER285 Exercise and Mental Health (3)
- ___ EXER287 Intro to Coaching (3)
- ___ EXER304 Principles of Resistance Training (3)
- ___ EXER397 Exercise and Aging (3)
- ___ EXER411 ECG, Exercise Testing, and Cardiac Rehabilitation (3)
- ___ EXER413 Current Issues in Sport and Exercise (3)
- ___ HLSC406 Biomechanics of Injury (3)
- ___ HLSC407 Advanced Human Physiology & Mechanisms of Disease (4)
- ___ HLSC420 Rehabilitation Science (3)
- ___ HLSC451 Advanced Human Anatomy (3)

General Education Requirements

(45 credits minimum)

Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below

- Foundations (15 credits)
- Interconnections (9 credits)
- Citizenship & Responsibility (6 credits from at least two goals)
- Natural World & Technologies (9 credits)
 - HLSC115/BIO180: Human Anatomy and Physiology I (4)
 - PHSY208: Introductory Physics I (4)
- Creativity & Expression (6 credits)

Degree Requirements

All students must obtain a minimum of 120 credits, complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum GPA of 2.0 in the major and overall are required.

ALL required and elective major courses must be completed with a grade of C or better to be eligible for graduation.

Campus Locations

- | | |
|-------------------|--|
| Bloomsburg | <input type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input type="checkbox"/> Blended |
| Lock Haven | <input type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input type="checkbox"/> Blended |
| Mansfield | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input type="checkbox"/> Blended |
| Clearfield | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input type="checkbox"/> Blended |