



2025-2026

EXERCISE SCIENCE MAJOR, B.A.

Science & Health Department; Shaw School of Sciences

Exercise Science is a major with a specific emphasis on applications to exercise and health. It is a major primarily intended for students interested in non-teaching careers in exercise science, health, wellness, fitness, sports administration, and facility management and for those who wish to pursue graduate studies in a related field. The increasing emphasis on physical fitness throughout the country has opened new career opportunities for students in exercise science and related fields.

To graduate must complete all major requirements, foundational requirements, and additional electives needed for 124 hour minimum degree requirement.

MAJOR REQUIREMENTS (56-67)

(35 Core + 21-32 Concentration)

Exercise Science Core (35)

__ 3	BIO	331	Human Anatomy	
__ 1	BIO	333	Human Anatomy lab	
__ 3	EXS	200	Foundations of Health & EXS	
__ 3	EXS	350	Phys Fit Assess/Prescription	
__ 3	EXS	371	Motor Learn/Develop	
__ 3	EXS	381	Adv Principles Strength/Conditioning	
__ 4	EXS	420	Physiology Exercise	__ Lab
__ 3	EXS	428	Human Functional Anatomy	
__ 4	EXS	431	Kinesiology/Biomechanics	__ Lab
__ 3	EXS	435	Internship	
__ 2	EXS	475	Senior Seminar	
__ 3	HED	312	Nutrition for Health/Performance	

REQUIRED CONCENTRATION (choose one):

EXSH - HUMAN PERFORMANCE (21)

__ 3	BIO	100	Biological Science	
__ 1	BIO	101	Biological Science Lab	
__ 3	BIO	262	Human Physiology	

Choose one CHE 100 level science + lab:

	CHE	104	Intro to Forensic Science	__ Lab
	CHE	106	Science of Light & Media	__ Lab
__ 4	CHE	111+113	Introductory Chemistry + Lab	
	CHE	121+123	General College Chem I + Lab	
	CHE	122+124	General College Chem II + Lab	

__ 1	EXS	228	Practicum I	
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Choose 9 credits Career Prep courses:

	PSY	201	Developmental Psychology	
__ 3	PSY	315	Stats for Behavioral Science	
	SOC	100	Intro to Sociology	
__ 3	SPM	220	Intro Sport Management	
	SPM	340	Sport Marketing	
__ 3	SPM	400	Sport Law	

EXSK - KINESIOLOGY (32)

__ 3	BIO	201	General Biology I	
__ 3	BIO	202	General Biology II	
__ 1	BIO	203	General Biology I Lab	
__ 1	BIO	204	General Biology II Lab	
__ 3	BIO	352	Physiology	
__ 1	BIO	354	Physiology Lab	
__ 3	CHE	121	Gen College Chemistry I	
__ 3	CHE	122	Gen College Chemistry II	
__ 1	CHE	123	Gen College Chemistry I Lab	
__ 1	CHE	124	Gen College Chemistry II Lab	
__ 4	PHY	201	Intro Physics	__ Lab
__ 4	PHY	202	Intro Physics	__ Lab

Choose one Calculus course:

	MAT	180*	Intro to Calculus	__ Lab
__ 4	MAT	181*	Calculus	__ Lab

PLUS FOUNDATIONS REQUIREMENTS (49-52)

(4 hours Science satisfied by required major courses.)

*MAT180 or 181 satisfies math requirement if EXSK is chosen.)

Plus electives needed for the 124 hour degree requirement (8-16)