

Bachelor of Science in Exercise Science

The Bachelor Science in Exercise Science has three basic components:

1. General Education and Institutional Requirements
2. Exercise Science Program Requirements
3. General Electives: college-level courses from any prefix to fulfill graduation requirements (p.) as listed below

DSU General Education & Institutional Requirements

All DSU General Education and Institutional requirements must be fulfilled. A previously earned degree may fulfill those requirements, but courses must be equivalent to DSU's minimum General Education standards in American Institutions, English, and Mathematics.

Code	Title	Hours
Institutional Requirement in Computer Literacy (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		
	Computer Literacy	0-6
General Education Core Requirements (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		
	English	3-7
	Information Literacy	0-1
	Mathematics	3-5
	American Institutions	3-6
	Life Sciences	3-10
	Physical Sciences	3-5
	Laboratory Science	0-1
	Fine Arts	3
	Literature/Humanities	3
	Social & Behavioral Sciences	3
	Exploration	3-5
	Two (2) Global & Cultural Perspectives Courses	0-6

Exercise Science Program Requirements

Complete one (1) of the following:

PEHR 1300 & PEHR 1543	Beginning Swimming and First Aid / Resp Emergencies	4
OR		
PEHR 1340	Lifeguarding	2

Complete the following:

BIOL 2320 & BIOL 2325	Human Anatomy and Human Anatomy Lab	5
BIOL 2420 & BIOL 2425	Human Physiology and Human Physiology Lab	4
PEHR 2020	Introduction to Exercise Science	3
PEHR 2060	Sport and Exercise Psychology (or PEHR 3750)	3
RSM 2070	Fundamentals of Sport Management	3
PEHR 2120	Principles of Fitness and Lifestyle Management	3
PEHR 2200	Nutrition for Sport and Exercise	3
PEHR 3052	Psychophysiology of Motor Control	3
PEHR 3700 & PEHR 3705	Physiology of Exercise and Physiology of Exercise Lab	4
PEHR 3370	Exercise Testing and Prescription	3
PEHR 3350	Motor Learning and Development	3
PEHR 3400	Activity Programming for Special Populations	3
PEHR 3500	Theories and Techniques for Teaching Fitness and Motor Skills	3
PEHR 3730	Biomechanics	3
PEHR 3800	Measurement & Evaluation in Physical Exercise & Sports	3

PEHR 4100	Physiology and Techniques of Strength and Power	3
PEHR 4200	Healthy Aging	3
PEHR 4300	Clinical Exercise Physiology	3
PEHR 4230	Applied Fitness Development for Aging and At-Risk Populations	3
PEHR 4400	Pediatric and Adolescent Fitness & Nutrition	3
PEHR 4600R	Exercise Science Internship	1-3

Exercise Science Elective Requirements

Elective coursework to bring the total to no fewer than 120 college-level credits (1000 and above).

Graduation Requirements

1. Complete a minimum of 120 college-level credits (1000 and above).
2. Complete at least 40 upper-division credits (3000 and above).
3. Complete at least 30 upper-division credits at DSU for institutional residency.
4. Cumulative GPA 2.5 or higher.
5. GPA of 2.0 or higher in Exercise Science Program Requirement courses.
6. Grade C- or higher in each Exercise Science Program Requirement course.

Graduation Plan

Course	Title	Hours
1st Year		
Fall Semester		
CIS 1200	Computer Literacy	3
PEHR 2020	Introduction to Exercise Science	3
General Education (Physical Sciences - recommended: CHEM 1110/15) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		5
General Education (Life Sciences and Lab Science - recommended: BIOL 1610/15) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		5
Hours		16
Spring Semester		
BIOL 2320 & BIOL 2325	Human Anatomy and Human Anatomy Lab	5
ENGL 1010	Introduction to Writing	3
LIB 1010	Information Literacy	1
General Education (Social & Behavioral Sciences) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
RSM 2070	Fundamentals of Sport Management	3
Hours		15
2nd Year		
Fall Semester		
BIOL 2420 & BIOL 2425	Human Physiology and Human Physiology Lab	4
PEHR 1543	First Aid / Resp Emergencies	3
PEHR 2120	Principles of Fitness and Lifestyle Management	3
PEHR 2060	Sport and Exercise Psychology (or PEHR 3750)	3
General Education (Mathematics - MATH 1040 recommended) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
Hours		16
Spring Semester		
ENGL 2010	Intern Writing Selected Topics:	3
General Education (Exploration) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
PEHR 1300	Beginning Swimming	1
PEHR 2200	Nutrition for Sport and Exercise	3
PEHR 3052	Psychophysiology of Motor Control	3
PEHR 3800	Measurement & Evaluation in Physical Exercise & Sports	3
Hours		16

3rd Year**Fall Semester**

PEHR 3700 & PEHR 3705	Physiology of Exercise and Physiology of Exercise Lab	4
PEHR 3350	Motor Learning and Development	3
PEHR 3500	Theories and Techniques for Teaching Fitness and Motor Skills	3
General Education (Literature/Humanities) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
General Education (Fine Arts) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
Hours		16

Spring Semester

PEHR 3370	Exercise Testing and Prescription	3
PEHR 3730	Biomechanics	3
PEHR 4400	Pediatric and Adolescent Fitness & Nutrition	3
General Education (American Institutions) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
Hours		12

4th Year**Fall Semester**

PEHR 3400	Activity Programming for Special Populations	3
PEHR 4200	Healthy Aging	3
PEHR 4300	Clinical Exercise Physiology	3
General Elective		3
General Elective		2
Hours		14

Spring Semester

PEHR 4100	Physiology and Techniques of Strength and Power	3
PEHR 4230	Applied Fitness Development for Aging and At-Risk Populations	3
PEHR 4600R	Exercise Science Internship	3
General Elective		3
General Elective		3
Hours		15
Total Hours		120

The following plans contain suggested coursework for Exercise Science students on pre-professional tracks. Students should always meet with an academic advisor prior to beginning a course of study.

BS-Exercise Science - Pre-Physical Therapy

Course	Title	Hours
1st Year		
Fall Semester		
HLOC 1001	FYE: Allied Health	1
LIB 1010	Information Literacy	1
ENGL 1010	Introduction to Writing	3
MATH 1040	Introduction to Statistics	3
BIOL 1610 & BIOL 1615	Principles of Biology I and Principles of Biology I Lab	5
PEHR 2020	Introduction to Exercise Science	3
Hours		16
Spring Semester		
ENGL 2010	Intern Writing Selected Topics:	3
General Education (Fine Arts) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
General Education (Literature/Humanities) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
PSY 1010	General Psychology	3

BIOL 1620 & BIOL 1625	Principles of Biology II and Principles of Biology II Lab	5
	Hours	17
2nd Year		
Fall Semester		
BIOL 2320 & BIOL 2325	Human Anatomy and Human Anatomy Lab	5
PSY 1100	Human Development Through Lifespan	3
PEHR 2060	Sport and Exercise Psychology	3
RSM 2070	Fundamentals of Sport Management	3
PEHR 3730	Biomechanics	3
	Hours	17
Spring Semester		
BIOL 2420 & BIOL 2425	Human Physiology and Human Physiology Lab	4
MATH 1060 or MATH 1080	Trigonometry or Pre-Calculus with Trigonometry	3-5
PEHR 3370	Exercise Testing and Prescription	3
General Education (American Institutions) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
CIS 1200	Computer Literacy	3
	Hours	16-18
3rd Year		
Fall Semester		
CHEM 1210 & CHEM 1215	Principles of Chemistry I and Principles of Chemistry I Lab	5
PEHR 1340	Lifeguarding	2
PEHR 3350	Motor Learning and Development	3
PEHR 3500	Theories and Techniques for Teaching Fitness and Motor Skills	3
PEHR 3700 & PEHR 3705	Physiology of Exercise and Physiology of Exercise Lab	4
	Hours	17
Spring Semester		
CHEM 1220 & CHEM 1225	Principles of Chemistry II and Principles of Chemistry II Lab	5
PEHR 3800	Measurement & Evaluation in Physical Exercise & Sports	3
PEHR 2120	Principles of Fitness and Lifestyle Management	3
PEHR 2200	Nutrition for Sport and Exercise	3
PEHR 3000	Psychophysiology of Fitness and Nutrition	3
	Hours	17
4th Year		
Fall Semester		
PHYS 2010 & PHYS 2015	College Physics I and College Physics I Lab	5
PSY 3400	Psychology of Abnormal Behavior	3
PEHR 3400	Activity Programming for Special Populations	3
PEHR 4200	Healthy Aging	3
PEHR 4300	Clinical Exercise Physiology	3
	Hours	17
Spring Semester		
PHYS 2020 & PHYS 2025	College Physics II and College Physics II Lab	5
PEHR 4100	Physiology and Techniques of Strength and Power	3
PEHR 4230	Applied Fitness Development for Aging and At-Risk Populations	3

PEHR 4400	Pediatric and Adolescent Fitness & Nutrition	3
PEHR 4600R	Exercise Science Internship	1-3
	Hours	15-17
	Total Hours	132-136

BS-Exercise Science - Secondary Education

Course	Title	Hours
1st Year		
Fall Semester		
HLOC 1001	FYE: Allied Health	1
LIB 1010	Information Literacy	1
ENGL 1010	Introduction to Writing	3
EDUC 1010	Foundations/Intro to Education	3
General Education (Mathematics) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
PEHR 1300	Beginning Swimming	1
PEHR 2020	Introduction to Exercise Science	3
	Hours	15
Spring Semester		
ENGL 2010	Interm Writing Selected Topics:	3
General Education (Fine Arts) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
PSY 1100	Human Development Through Lifespan	3
RSM 2070	Fundamentals of Sport Management	3
EDUC 2010	Intro to Exceptional Learners	3
	Hours	15
2nd Year		
Fall Semester		
CIS 1200	Computer Literacy	3
BIOL 1010 & BIOL 1015	General Biology (LS) and General Biology Lab	4
PEHR 2060	Sport and Exercise Psychology	3
BIOL 2320 & BIOL 2325	Human Anatomy and Human Anatomy Lab	5
	Hours	15
Spring Semester		
General Education (American Institutions) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
General Education (Literature/Humanities) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
PEHR 1543	First Aid / Resp Emergencies	3
BIOL 2420 & BIOL 2425	Human Physiology and Human Physiology Lab	4
EDUC 2400	Foundations Multicultural/ESL	3
	Hours	16
3rd Year		
Fall Semester		
EDUC 2500	Instructional Technology in K-12 Classrooms	3
PEHR 2120	Principles of Fitness and Lifestyle Management	3
PEHR 2200	Nutrition for Sport and Exercise	3
PEHR 3350	Motor Learning and Development	3
PEHR 3700 & PEHR 3705	Physiology of Exercise and Physiology of Exercise Lab	4
	Hours	16
Spring Semester		
EDUC 3110	Educational Psychology	3

PEHR 3052	Psychophysiology of Motor Control	3
PEHR 3370	Exercise Testing and Prescription	3
PEHR 3730	Biomechanics	3
PEHR 3800	Measurement & Evaluation in Physical Exercise & Sports	3
Hours		15
4th Year		
Fall Semester		
PEHR 3400	Activity Programming for Special Populations	3
PEHR 3500	Theories and Techniques for Teaching Fitness and Motor Skills	3
PEHR 4200	Healthy Aging	3
PEHR 4300	Clinical Exercise Physiology	3
Elective		2
Hours		14
Spring Semester		
PEHR 4100	Physiology and Techniques of Strength and Power	3
PEHR 4600R	Exercise Science Internship	3
PEHR 4230	Applied Fitness Development for Aging and At-Risk Populations	3
PEHR 4400	Pediatric and Adolescent Fitness & Nutrition	3
Elective		2
Hours		14
Total Hours		120

BS-Exercise Science - Pre-Occupational Therapy

Course	Title	Hours
1st Year		
Fall Semester		
HLOC 1001	FYE: Allied Health	1
LIB 1010	Information Literacy	1
ENGL 1010	Introduction to Writing	3
MATH 1040	Introduction to Statistics	3
PEHR 2020	Introduction to Exercise Science	3
General Education (Fine Arts) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
Hours		14
Spring Semester		
ENGL 2010	Intern Writing Selected Topics:	3
HLOC 1000	Medical Terminology	2
PSY 1010	General Psychology	3
BIOL 1610 & BIOL 1615	Principles of Biology I and Principles of Biology I Lab	5
RSM 2070	Fundamentals of Sport Management	3
Hours		16
2nd Year		
Fall Semester		
CHEM 1110 & CHEM 1115	Elem General/Organic Chemistry and Elem General/Organic Chemistry Lab	5
BIOL 2320 & BIOL 2325	Human Anatomy and Human Anatomy Lab	5
PEHR 1300	Beginning Swimming	1
PEHR 1543	First Aid / Resp Emergencies	3
Hours		14
Spring Semester		
CIS 1200	Computer Literacy	3

BIOL 2420 & BIOL 2425	Human Physiology and Human Physiology Lab	4
General Education (Literature/ Humanities) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
General Education (American Institutions) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
PEHR 2060	Sport and Exercise Psychology	3
Hours		16
3rd Year		
Fall Semester		
PSY 1100	Human Development Through Lifespan	3
PEHR 2120	Principles of Fitness and Lifestyle Management	3
PEHR 2200	Nutrition for Sport and Exercise	3
PEHR 3350	Motor Learning and Development	3
PEHR 3500	Theories and Techniques for Teaching Fitness and Motor Skills	3
Hours		15
Spring Semester		
SOC 1010	Introduction to Sociology	3
PEHR 3370	Exercise Testing and Prescription	3
PEHR 3700 & PEHR 3705	Physiology of Exercise and Physiology of Exercise Lab	4
PEHR 3800	Measurement & Evaluation in Physical Exercise & Sports	3
Elective		2
Hours		15
4th Year		
Fall Semester		
PSY 3400	Psychology of Abnormal Behavior	3
PEHR 3400	Activity Programming for Special Populations	3
PEHR 3730	Biomechanics	3
PEHR 4200	Healthy Aging	3
PEHR 4300	Clinical Exercise Physiology	3
Hours		15
Spring Semester		
PEHR 4100	Physiology and Techniques of Strength and Power	3
PEHR 4600R	Exercise Science Internship	3
PEHR 4230	Applied Fitness Development for Aging and At-Risk Populations	3
PEHR 4400	Pediatric and Adolescent Fitness & Nutrition	3
PEHR 3052	Psychophysiology of Motor Control	3
Hours		15
Total Hours		120