

Bachelor of Science in Exercise Science

Program Curriculum

120 credits

DSU General Education Requirements

All DSU General Education 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
General Education Core Requirements (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		
English		3-7
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

Exercise Science Program Requirements

Code	Title	Hours
Complete one (1) of the following:		
FAST 1300 & PEHR 1543	Beginning Swimming and First Aid / Resp Emergencies	
OR		
PEHR 1340	Lifeguarding	
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 or PEHR 3740	Biomechanics Clinical 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

Code	Title	Hours
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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		
	First Year Recommended Elective	2
ENGL 1010	Introduction to Writing (EN)	3
	General Education (Mathematics) (catalog.dixie.edu/programs/generaleducation/#gerequisitestext)	5
	General Education (Fine Arts) (catalog.dixie.edu/programs/generaleducation/#gerequisitestext)	
	General Education (Life Sciences and Lab Science - recommended: BIOL 1010/15 or higher) (catalog.dixie.edu/programs/generaleducation/#gerequisitestext)	5
	Hours	15
Spring Semester		
BIOL 2320 & BIOL 2325	Human Anatomy and Human Anatomy Lab	5
	General Education (Social & Behavioral Sciences) (catalog.dixie.edu/programs/generaleducation/#gerequisitestext)	3
ENGL 2010	Intermediate Writing Selected Topics: (EN)	3
PEHR 2020	Introduction to Exercise Science	3
	Hours	14
2nd Year		
Fall Semester		
BIOL 2420 & BIOL 2425	Human Physiology and Human Physiology Lab	4
PEHR 1543	First Aid / Resp Emergencies	3
PEHR 2060	Sport and Exercise Psychology (or PEHR 3750)	3
PEHR 2200	Nutrition for Sport and Exercise	3
RSM 2070	Fundamentals of Sport Management	3
	Hours	16
Spring Semester		
FAST 1300	Beginning Swimming	1
	General Education (American Institutions) (catalog.dixie.edu/programs/generaleducation/#gerequisitestext)	3
PEHR 2120	Principles of Fitness and Lifestyle Management	3
PEHR 3052	Psychophysiology of Motor Control	3
PEHR 3800	Measurement & Evaluation in Physical Exercise & Sports	3
	General Elective	1
	Hours	14

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 (Physical Science) (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 (Exploration) (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)		3
General Elective		3
Hours		15

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		3
Hours		15

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