Exercise Science, B.S.

Program Description

The Exercise Science bachelor’s degree focuses on the science of human movement and its importance in maintaining or improving health, physical fitness and athletic performance. Coursework and selected emphases allow students to focus their studies on specific interests relative to career and graduate school pursuits.

Emphases within this degree program include:
- Exercise Science (generalist)
- Pre-Physical Therapy
- Pre-Occupational Therapy

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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td></td>
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<tr>
<td></td>
<td>English</td>
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<td>Mathematics</td>
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<td></td>
<td>Life Sciences</td>
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<td>Literature/Humanities</td>
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<td>Social &amp; Behavioral Sciences</td>
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Exercise Science Program Requirements

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<tr>
<td></td>
<td>Beginning Swimming</td>
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</tr>
<tr>
<td></td>
<td>and First Aid / Resp Emergencies</td>
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<tr>
<td></td>
<td>OR</td>
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<td></td>
<td>FAST 1301 (catalog.dixie.edu/search/?P=FAST%201301/) &amp; PEHR 1543 (catalog.dixie.edu/search/?P=PEHR%201543/)</td>
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<td>Intermediate Swimming</td>
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<td>and First Aid / Resp Emergencies</td>
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<td>Aquatic Fitness</td>
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<td></td>
<td>and First Aid / Resp Emergencies</td>
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<td>OR</td>
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<td>PEHR 1340 (catalog.dixie.edu/search/?P=PEHR%201340/)</td>
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Complete the following:

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<tbody>
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<td>BIOL 2320</td>
<td>Human Anatomy and Human Anatomy Lab</td>
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<td>BIOL 2325</td>
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<tr>
<td>BIOL 2420</td>
<td>Human Physiology and Human Physiology Lab</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 2425</td>
<td></td>
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<tr>
<td>PEHR 2020</td>
<td>Introduction to Exercise Science</td>
<td>3</td>
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<tr>
<td>PEHR 2060</td>
<td>Sport and Exercise Psychology (or PEHR 3750)</td>
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<tr>
<td>RSM 2070</td>
<td>Fundamentals of Sport Management</td>
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<tr>
<td>PEHR 2120</td>
<td>Principles of Fitness and Lifestyle Management</td>
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<td>PEHR 2200</td>
<td>Nutrition for Sport and Exercise</td>
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<td>PEHR 3052</td>
<td>Psychophysiology of Motor Control</td>
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<td>PEHR 3700</td>
<td>Physiology of Exercise and Physiology of Exercise Lab</td>
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<td>PEHR 3705</td>
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<td>PEHR 3370</td>
<td>Exercise Testing and Prescription</td>
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<td>PEHR 3350</td>
<td>Motor Learning and Development</td>
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<td>PEHR 3400</td>
<td>Activity Programming for Special Populations</td>
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<td>PEHR 3500</td>
<td>Theories and Techniques for Teaching Fitness and Motor Skills</td>
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<td>PEHR 3730</td>
<td>Biomechanics</td>
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<td>PEHR 3740</td>
<td>Clinical Biomechanics</td>
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<td>PEHR 3900</td>
<td>Measurement &amp; Evaluation in Physical Exercise &amp; Sports</td>
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<td>PEHR 3940</td>
<td>Measurement, Research, and Statistics in Exercise Science</td>
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<tr>
<td>PEHR 4100</td>
<td>Physiology and Techniques of Strength and Power</td>
<td>3</td>
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<td>PEHR 4200</td>
<td>Healthy Aging</td>
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<td>PEHR 4300</td>
<td>Clinical Exercise Physiology</td>
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<td>Applied Fitness Development for Aging and At-Risk Populations</td>
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<td>Pediatric and Adolescent Fitness &amp; Nutrition</td>
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<td>PEHR 4600R</td>
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Exercise Science Elective Requirements

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<th>Title</th>
<th>Hours</th>
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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

1st Year

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Hours</th>
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<tbody>
<tr>
<td>First Year Recommended Elective</td>
<td>2</td>
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<tr>
<td>ENGL 1010 Introduction to Writing (EN)</td>
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<tr>
<td>General Education (Mathematics)</td>
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Spring Semester

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<th>Hours</th>
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<tbody>
<tr>
<td>BIOL 2320 Human Anatomy and Human Anatomy Lab</td>
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<td>ENGL 2010 Interm Writing Selected Topics: (EN)</td>
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<tr>
<td>PEHR 2020 Introduction to Exercise Science</td>
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2nd Year

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<td>BIOL 2420 Human Physiology and Human Physiology Lab</td>
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<td>PEHR 1543 First Aid / Resp Emergencies</td>
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<tr>
<td>PEHR 2060 Sport and Exercise Psychology (or PEHR 3750)</td>
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**Exercise Science, B.S.**

<table>
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<tr>
<th>Course Code</th>
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<th>Hours</th>
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<tbody>
<tr>
<td>PEHR 2200</td>
<td>Nutrition for Sport and Exercise</td>
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<tr>
<td>RSM 2070</td>
<td>Fundamentals of Sport Management</td>
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**Spring Semester**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>FAST 1300</td>
<td>Beginning Swimming</td>
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<tr>
<td>PEHR 2120</td>
<td>Principles of Fitness and Lifestyle Management</td>
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<tr>
<td>PEHR 3052</td>
<td>Psychophysiology of Motor Control</td>
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<td>Measurement &amp; Evaluation in Physical Exercise &amp; Sports</td>
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**Hours**

| Hours | 16 |

**3rd Year**

**Fall Semester**

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>PEHR 3700</td>
<td>Physiology of Exercise and Physiology of Exercise Lab</td>
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<tr>
<td>PEHR 3705</td>
<td>Motor Learning and Development</td>
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<td>PEHR 3500</td>
<td>Theories and Techniques for Teaching Fitness and Motor Skills</td>
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<td>General Education (Physical Science)</td>
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**Hours**

| Hours | 14 |

**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>PEHR 3370</td>
<td>Exercise Testing and Prescription</td>
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<td>PEHR 3730</td>
<td>Biomechanics</td>
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<td>Pediatric and Adolescent Fitness &amp; Nutrition</td>
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**Hours**

| Hours | 15 |
### 4th Year

#### Fall Semester

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<td>PEHR 3400</td>
<td>Activity Programming for Special Populations</td>
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<td>PEHR 4200</td>
<td>Healthy Aging</td>
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<td>PEHR 4300</td>
<td>Clinical Exercise Physiology</td>
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<td>General Elective</td>
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**Hours** 15

#### Spring Semester

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<tr>
<td>PEHR 4100</td>
<td>Physiology and Techniques of Strength and Power</td>
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<tr>
<td>PEHR 4230</td>
<td>Applied Fitness Development for Aging and At-Risk Populations</td>
<td>3</td>
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<td>PEHR 4600R</td>
<td>Exercise Science Internship</td>
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<td>General Elective</td>
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**Hours** 15

**Total Hours** 120

### Exercise Science Program Learning Outcomes:

At the successful conclusion of this program, students will be able to:

1. Illustrate physiological, psychomotor, developmental, and biomechanical responses during exercise in multiple environments and populations.
2. Assess, develop, and adjust an appropriate exercise program for different populations.
3. Develop appropriate exercise techniques and mechanics to optimize movement along with additional strategies to improve exercise compliance, retention, and motivation.
4. Evaluate research while applying evidence-based decision-making skills.
5. Recommend and create an effective environment in which sport, exercise, and physical activity can be integrated.