Exercise Science, BS

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-Athletic Training
• Pre-Occupational Therapy
• Pre-Physical 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>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>General Education Core Requirements (catalog.dixie.edu/programs/generaleducation/#gerequirementstext)</td>
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<tr>
<td></td>
<td>English</td>
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<tr>
<td></td>
<td>Mathematics</td>
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<td></td>
<td>American Institutions</td>
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<tr>
<td></td>
<td>Life Sciences</td>
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<td>Physical Sciences</td>
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<td></td>
<td>Laboratory Science</td>
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<tr>
<td></td>
<td>Fine Arts</td>
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<td></td>
<td>Literature/Humanities</td>
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<tr>
<td></td>
<td>Social &amp; Behavioral Sciences</td>
<td>3</td>
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<td></td>
<td>Exploration</td>
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Exercise Science Program Requirements

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<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
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<td></td>
<td>Complete one (1) of the following:</td>
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<tr>
<td></td>
<td>FAST 1300 &amp; XSCI 1543</td>
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<tr>
<td></td>
<td>Beginning Swimming and First Aid / Resp Emergencies</td>
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<tr>
<td>OR</td>
<td>FAST 1301 &amp; XSCI 1543</td>
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<td></td>
<td>Intermediate Swimming and First Aid / Resp Emergencies</td>
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<tr>
<td>OR</td>
<td>FAST 1315 &amp; XSCI 1543</td>
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<tr>
<td></td>
<td>Aquatic Fitness and First Aid / Resp Emergencies</td>
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<tr>
<td>OR</td>
<td>XSCI 1340</td>
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<tr>
<td></td>
<td>Lifeguarding/First Aid</td>
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<td>Complete the following:</td>
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<tr>
<td></td>
<td>BIOL 2320 &amp; BIOL 2325</td>
<td>5</td>
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<tr>
<td></td>
<td>Human Anatomy and Human Anatomy Lab</td>
<td></td>
</tr>
<tr>
<td>Code</td>
<td>Title</td>
<td>Hours</td>
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<tr>
<td>BIOL 2420</td>
<td>Human Physiology</td>
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<tr>
<td>&amp; BIOL 2425</td>
<td>and Human Physiology Lab</td>
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<tr>
<td>RSM 2070</td>
<td>Fundamentals of Sport Management</td>
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<td>XSCI 2020</td>
<td>Introduction to Exercise Science</td>
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<tr>
<td>XSCI 2060</td>
<td>Sport and Exercise Psychology</td>
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<tr>
<td>XSCI 2120</td>
<td>Principles of Fitness and Lifestyle Management</td>
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<td>XSCI 2200</td>
<td>Nutrition for Sport and Exercise</td>
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<tr>
<td>XSCI 3052</td>
<td>Psychophysiology of Motor Control</td>
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<tr>
<td>XSCI 3700</td>
<td>Physiology of Exercise</td>
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<td>&amp; XSCI 3705</td>
<td>and Physiology of Exercise Lab</td>
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<tr>
<td>XSCI 3370</td>
<td>Exercise Testing and Prescription</td>
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<tr>
<td>XSCI 3350</td>
<td>Motor Learning and Development</td>
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<tr>
<td>XSCI 3400</td>
<td>Activity Programming for Special Populations</td>
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<tr>
<td>XSCI 3500</td>
<td>Theories and Techniques for Teaching Fitness and Motor Skills</td>
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<tr>
<td>XSCI 3730</td>
<td>Biomechanics</td>
<td>3</td>
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<tr>
<td>or XSCI 3740</td>
<td>Clinical Biomechanics</td>
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<tr>
<td>or XSCI 3750</td>
<td>Quantitative Biomechanics</td>
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<tr>
<td>XSCI 3800</td>
<td>Measurement &amp; Evaluation in Physical Exercise &amp; Sports</td>
<td>3</td>
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<tr>
<td>or XSCI 3840</td>
<td>Measurement, Research, and Statistics in Exercise Science</td>
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<tr>
<td>XSCI 4100</td>
<td>Physiology and Techniques of Strength and Power</td>
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<td>XSCI 4200</td>
<td>Healthy Aging</td>
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<td>XSCI 4300</td>
<td>Clinical Exercise Physiology</td>
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<td>XSCI 4230</td>
<td>Applied Fitness Development for Aging and At-Risk Populations</td>
<td>3</td>
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<tr>
<td>XSCI 4400</td>
<td>Pediatric and Adolescent Fitness &amp; Nutrition</td>
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<tr>
<td>XSCI 4600R</td>
<td>Exercise Science Internship</td>
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</table>

**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.

1.