Exercise Science, Pre-Occupational Therapy Emphasis, 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

Utah Tech General Education Requirements

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

General Education Core Requirements (catalog.utahtech.edu/programs/generaleducation/#gerequirementstext)

Code	Title	Hours
English		3-7
Mathematics		3-5
American Institutions		3-6
Life Sciences		3-10
Physical Sciences		3-5
Fine Arts		3
Literature/Humanities		3
Social & Behavioral Sciences		3
Exploration		3-5

Exercise Science Core Program Requirements

Code	Title	Hours
FAST 1300 & XSCI 1543	Beginning Swimming and First Aid / Resp Emergencies	3-4
or FAST 1301 & XSCI 1543	Intermediate Swimming and First Aid / Resp Emergencies	
or FAST 1315 & XSCI 1543	Aquatic Fitness and First Aid / Resp Emergencies	
or XSCI 1340	Lifeguarding/First Aid	
BIOL 2320 & BIOL 2325	Human Anatomy and Human Anatomy Lab	5
BIOL 2420 & BIOL 2425	Human Physiology and Human Physiology Lab	4

RSM 2070	Fundamentals of Sport and Leisure Management	3
XSCI 2020	Introduction to Exercise Science	3
or XSCI 1025	Intro to Sports Medicine	
or XSCI 2025	Introduction to Occupational Therapy	
XSCI 2060	Sport and Exercise Psychology	3
XSCI 2120	Principles of Fitness and Lifestyle Management	3
XSCI 2200	Nutrition for Sport and Exercise	3
XSCI 3700 & XSCI 3705	Physiology of Exercise and Physiology of Exercise Lab	4
XSCI 3370	Exercise Testing and Prescription	3
XSCI 3400	Activity Programming for Special Populations	3
XSCI 3500	Theories and Techniques for Teaching Fitness and Motor Skills	3
XSCI 3730	Biomechanics	3
or XSCI 3740	Clinical Biomechanics	
or XSCI 3750	Quantitative Biomechanics	
XSCI 3800	Measurement & Evaluation in Physical Exercise & Sports	3
or XSCI 3840	Measurement, Research, and Statistics in Exercise Science	
XSCI 4100	Physiology and Techniques of Strength and Power	3
XSCI 4200	Healthy Aging	3
XSCI 4300	Clinical Exercise Physiology	3
XSCI 4230	Applied Fitness Development for Aging and At-Risk Populations	3
XSCI 4400	Pediatric and Adolescent Fitness & Nutrition	3
XSCI 4600R	Exercise Science Internship	1-3
Choose one of the following course sets:		
XSCI 3052 & XSCI 3350	Psychophysiology of Motor Control and Motor Learning and Development	6
OR		
XSCI 3054 & XSCI 3352	Motor Learning and Control and Motor Development	6

Pre-Occupational Therapy Track Requirements

Code	Title	Hours
HLOC 1000	Medical Terminology	2
MATH 1040	Introduction to Statistics (MA)	3
PHYS 1010	Elementary Physics (PS)	3
PSY 1010	General Psychology (SS, GC)	3
PSY 1100	Human Development Through Lifespan (SS, GC)	3
or FSHD 1500	Human Development Lifespan (SS, GC)	
SOC 1010	Introduction to Sociology (SS, GC)	3
ENGL 1010	Introduction to Writing (EN)	3
or ENGL 1010D	Introduction to Writing (EN)	
ENGL 2010	Interm Writing Selected Topics: (EN)	3
PSY 2400	Psychology of Abnormal Behavior	3
ANTH 1010	Cultural Anthropology (SS, GC)	3
or XSCI 3010	Cultural Anthropology for the Health Sciences	

Recommended Electives

Code	Title	Hours
To bring the total number of credits to no less than 120.		
BIOL 1610 & BIOL 1615	Principles of Biology I (LS) and Principles of Biology I Lab (LAB)	5
XSCI 3510	Applied Exercise Physiology	3
XSCI 3740	Clinical Biomechanics	3

XSCI 4500	Theories of Behavioral Change	3
XSCI 4700	Motivation and Coaching	3
XSCI 4890R	Undergraduate Research for Exercise Science	1-3
HLOC 3000R	Utah Health Scholars Returning Students	1

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 Utah Tech 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.

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