EXERCISE SCIENCE, BACHELOR OF SCIENCE (554)

Program Coordinator

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The Exercise Science major provides extensive study and experiences in many areas including exercise physiology, kinesiology, and biomechanics. Our highly qualified graduates pursue professional certifications such as the ACSM's Certified Exercise Physiologist® (ACSM – EP) and NSCA's Certified Strength and Conditioning Specialist (CSCS), and may go on to pursue careers in cardiopulmonary rehabilitation, strength & conditioning, corporate fitness and health promotion, medically-based fitness programs, public health, and other related fields. In addition, graduates often pursue graduate study and professional programs such as physical therapy, occupational therapy, medicine, nutrition, exercise physiology, and athletic training, as well as other health, physical activity, research, and rehabilitative professions.

Program Requirements (68-69 hours)

Students must maintain a "C" or better in each course in the major. Additionally, in accordance with university policy, an overall grade point average of 2.0 or better must be attained upon on the completion of required curriculum.

A baccalaureate degree requires a minimum of 120 unduplicated semester hours. More information can be found at www.wku.edu/registrar/degree_certification.php. (https://www.wku.edu/registrar/degree_certification.php)

Students who began WKU in the Fall 2014 and thereafter should review the Colonnade requirements located at: https://www.wku.edu/colonnade/colonnaderequirements.php. (https://www.wku.edu/colonnade/colonnaderequirements.php)

Students must complete the following courses:

Code	Title	Hours
EXS 122	Foundations of Kinesiology	3
EXS 223	Introduction to Exercise Science	3
EXS 296	Practicum in Exercise	3
EXS 310	Kinesiology	3
EXS 311	Physiology of Exercise	4
EXS 312	Basic Athletic Training	3
or PE 312	Basic Athletic Training	
EXS 313	Motor Learning and Control	3
EXS 324	Measurement and Evaluation in Kinesiology	3
EXS 325	Applied Exercise Physiology	3
EXS 412	Exercise Testing & Prescription	4
EXS 420	Clinical Exercise Physiology	3
EXS 436	Principles of Strength and Conditioning	3
EXS 446	Biomechanics	3
EXS 455	Exercise and Aging	3
EXS 496	Internship in Exercise Science	6
or EXS 498	Capstone Research Experience in Exercise Science	
HMD 211	Human Nutrition	3
CHEM 109	Chemistry for the Health Sciences	4-5
or CHEM 120/121	College Chemistry I	
MATH 116	College Algebra (or higher)	3
SFTY 171	Safety and First Aid	1
BIOL 131	Human Anatomy and Physiology	4
SOCL 100	Introductory Sociology	3
or PSY 100	Introduction to Psychology	
or GERO 100	Introduction to the Aging Experience	
or PSYS 100	Introduction to Psychology	
Total Hours		**68-69**

Finish in Four Plan

First Year

Fall	Hours	Spring	Hours
ENG 100	3	HIST 101 or HIST 102	3
MATH 116	3	COMM 145	3
EXS 122	3	ENG 200	3
BIOL 131	4	EXS 223	3
PSY 100, PSYS 100, SOCL 100, PSY 220, PSYS 220, or GERO 100	3	CHEM 109 or CHEM 120/121	4-5
	16		**16-17**

Second Year

Fall	Hours	Spring	Hours
Minor Elective or World Language (if needed)	3	EXS 296	3
Colonnade - Arts & Humanities	3	HMD 211	3
SFTY 171	1	Connections - Local to Global	3
ENG 300	3	Pre-Professional Prerequisite/Minor/Elective	3
Pre-Professional Prerequisite/Minor/Elective	3	Pre-Professional Prerequisite/Minor/Elective	3
Pre-Professional Prerequisite/Minor/Elective	3		
	16		**15**

Third Year

Fall	Hours	Spring	Hours
EXS 310	3	EXS 324	3
EXS 311	4	EXS 325	3
EXS 313	3	EXS 412	4
Connections - Social & Cultural	3	Pre-Professional Prerequisite/Minor/Elective	3
Pre-Professional Prerequisite/Minor/Elective	3	Pre-Professional Prerequisite/Minor/Elective	3
	16		**16**

Fourth Year

Fall	Hours	Spring	Hours
EXS 455	3	EXS 420	3
EXS 436	3	EXS 446	3
PE 312	3	EXS 496 or EXS 498	6

Pre-Professional Prerequisite/Minor/Elective	4-3	
	13-12	**12**

Total Hours 120