

Exercise Science and Outdoor Recreation - Exercise Science Emphasis, B.A.

Requirements

The Exercise Science curriculum has been designed to address student needs and current market demands. Through practical experiences in laboratory settings using state of the art equipment such as the Biodex S4, students are exposed to real life rehabilitation experiences as well as researching functional abilities and performance aspects of collegiate athletes. Additional classroom and lab experiences allow students to conduct 3-D motion analysis, measure muscle activity using wireless EMG technology, and analyze gait patterns using the GaitRite System, as well as conducting assessments to determine maximum oxygen uptake (VO2 Max), body composition, and anaerobic power.

Total Program Credits: 120

General Education Requirements:		37 Credits	
	ENGL 1010	Introduction to Writing	3
	ENGL 2010	Intermediate Writing--Humanities/Social Sciences	3
or	ENGL 2020	Intermediate Writing--Science and Technology (3.0)	
	MATH 1050	College Algebra	4
or	MATH 1055	College Algebra with Preliminaries (5.0)	
Complete one of the following:		3	
	HIST 2700	US History to 1877 (3.0)	
and	HIST 2710	US History since 1877 (3.0)	
	HIST 1700	American Civilization (3.0)	
	HIST 1740	US Economic History (3.0)	
	POLS 1000	American Heritage (3.0)	
	POLS 1100	American National Government (3.0)	
Complete the following:			
	PHIL 2050	Ethics and Values	3
	HLTH 1100	Personal Health and Wellness (2.0)	
or	PES 1097	Fitness for Life	2
Distribution Courses:			
	BIOL 1010	General Biology	3
Physical Science		3	
	ZOOL 1090	Introduction to Human Anatomy and Physiology	3
Humanities Distribution (any foreign language 202G/2020 course)		4	
Fine Arts Distribution		3	
Social/Behavioral Science		3	
Discipline Core Requirements:		16 Credits	
	EXSC 3500	Kinesiology	3
	EXSC 3550	Motor Learning and Control	3
	EXSC 3750	Psychosocial Aspects of Human Performance	2
	EXSC 3270	Exercise Testing and Prescription (3.0)	
or	REC 385G	Ethical Concerns in Recreation	3
	EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation	3
	EXSC 4950	Senior Seminar (2.0)	
or	REC 4950	Senior Seminar	2

Elective Requirements:		15 Credits	
Complete 12 credit hours of course work from one language to include the 1010, 1020, and 2010 levels (202G/2020 level completed in GE requirements).		12	
Any 1000-level course of higher		3	
Emphasis Requirements:		46 Credits	
	CHEM 1110	Elementary Chemistry for the Health Sciences	4
or	CHEM 1210	Principles of Chemistry I (4.0)	
	ZOOL 2320	Human Anatomy	3
and	ZOOL 2325	Human Anatomy Laboratory	1
	ZOOL 2420	Human Physiology	3
and	ZOOL 2425	Human Physiology Laboratory	1
	EXSC 2500	Sports Medicine	3
	EXSC 270G	Foundations of Exercise Science	3
	EXSC 3700	Exercise Physiology	3
and	EXSC 3705	Exercise Physiology Laboratory	1
	EXSC 3730	Biomechanics	3
	EXSC 3850	Ethical Concerns in Exercise Science	3
	STAT 2040	Principles of Statistics	4
or	BESC 3010	Statistics for the Behavioral Sciences (4.0)	
or	EXSC 3400	Statistical Analysis in Exercise Science (3.0)	
Choose 14 credits from the following (make sure selections will satisfy the requirements for upper-division course work):		14	
	EXSC 4000	Clinical Exercise Physiology (3.0)	
	EXSC 4050	Obesity Physiology and Physical Activity (3.0)	
	EXSC 4100	Fitness Across the Lifespan (3.0)	
	EXSC 4200	Exercise Metabolism (3.0)	
	EXSC 4400	Physical Activity Promotion in the Community (3.0)	
and	EXSC 4410	Promoting Physical Activity in the Community Field Experience (1.0)	
	EXSC 4500	Advanced Sports Nutrition (3.0)	
	EXSC 4550	Principles of Strength and Conditioning (3.0)	
	EXSC 4600	Advanced Biomechanics (3.0)	
	EXSC 4700	Advanced Gross Motor Assessment (3.0)	
	CHEM 1220	Principles of Chemistry II (4.0)	
	PHYS 2020	College Physics II (4.0)	
	ZOOL 4400	Pathophysiology (4.0)	
	ZOOL 4700	Advanced Anatomy (4.0)	
	PSY 3400	Abnormal Psychology (3.0)	
Emphasis Elective Requirements:		6 Credits	
	Any course 1000-level or higher	6	

Graduation Requirements:

1. Completion of a minimum of 120 semester credits, 40 credits must be upper-division.
2. Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
3. Residency hours: minimum of 30 credit hours through course attendance at UVU, with at least 10 hours earned in the last 45 hours.
4. Completion of GE and specified departmental requirements.

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5. Completion of 16 credit hours of course work from one language to include the 1010, 1020, 2010, and 202G/2020 levels or transferred equivalents.
6. No grades below C- in Discipline Core or Emphasis Courses.
7. Successful completion of at least one Global/Intercultural course.

Note: Students must obtain the departmental advisor's signature on an approved program plan prior to enrollment in their second semester of study.

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Exercise Science and Outdoor Recreation - Exercise Science Emphasis, B.A. Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in [Wolverine Track](#).

Milestone courses (pre-requisites for a course in one of the subsequent semesters) are marked in red and *Italicized*.

Semester 1	Course Title	Credit Hours
PSY 1010	Social/Beh. Science Dist. (PSY 1010 recommended)	3
PES 1097	Fitness for Life	2
<i>MATH 1050 or MATH 1055</i>	College Algebra or College or College Algebra with Preliminaries	4
<i>ENGL 1010</i>	Introduction to Writing	3
Emphasis Elective	Any course 1000-level or higher	3
	Semester total:	15
Semester 2	Course Title	Credit Hours
<i>BIOL 1010</i>	General Biology (BIOL 1610 is also accepted in BIOL Dist.)	3
	Physical Science Dist. (<i>CHEM 1110</i> recommended)	3
ENGL 2010	Intermediate Writing--Humanities Social Sciences	3
Language Elective	Language Class from 1010	4
	Semester total:	13
Notes: Credit hours will be higher if BIOL 1610 or CHEM 1110 are taken.		
Semester 3	Course Title	Credit Hours
	Fine Arts (Any)	3
BIOL 1610	Third Science (BIOL 1610 highly recommended)	4
BIOL 1615	College Biology I Laboratory (General Elective)	1
	American Institutions Dist. (Any)	3
Language Elective	Language Class from 1020	4
	Semester total:	15
Semester 4	Course Title	Credit Hours
<i>ZOOL 2320</i>	Human Anatomy	3
<i>ZOOL 2325</i>	Human Anatomy Lab	1
<i>EXSC 270G</i>	Foundations of Exercise Science	3
CHEM 1210	Principles of Chemistry I	4
CHEM 1215	Principles of Chemistry I Lab (General Elective)	1
PHIL 2050	Ethics and Values	3
	Semester total:	15
Semester 5	Course Title	Credit Hours
<i>ZOOL 2420</i>	Human Physiology	3
<i>ZOOL 2425</i>	Human Physiology Lab	1
EXSC 3750	Psychosocial Aspects of Human Performance	2

EXSC 3270	Exercise Testing and Prescription	3
EXSC 2500	Sports Medicine	3
Language Elective	Language course from 2010	4
	Semester total:	16
Semester 6	Course Title	Credit Hours
	Statistics Requirement (EXSC 3400 or STAT 2040 or BESC 3010)	3
<i>EXSC 3500</i>	Kinesiology	3
EXSC 3700	Exercise Physiology	3
EXSC 3705	Exercise Physiology Lab	1
Humanities	Language course from 202g	4
EXSC 4950	Senior Seminar	2
	Semester total:	16
Semester 7	Course Title	Credit Hours
EXSC 3730	Biomechanics	3
EXSC 3550	Motor Learning and Control	3
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation	3
Emphasis Elective	Any course 1000-level or higher	4
	EXSC Elective	3
	Semester total:	16
Semester 8	Course Title	Credit Hours
EXSC Elective	To use as substitution course for EXSC 3850	3
EXSC Elective		4
EXSC Elective		4
EXSC Elective		3
	Semester total:	14
	Degree total:	120