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

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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: 36 Credits

<table>
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<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ENGL 1010</td>
<td>Introduction to Academic Writing CC</td>
<td>3</td>
</tr>
<tr>
<td>or ENGH 1005</td>
<td>Literacies and Composition Across Contexts CC (5)</td>
<td></td>
</tr>
<tr>
<td>ENGL 2010</td>
<td>Intermediate Academic Writing CC</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1050</td>
<td>College Algebra QL</td>
<td>4</td>
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<tr>
<td>or MATH 1055</td>
<td>College Algebra with Preliminaries QL (5)</td>
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Complete one of the following: 3 Credits

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>HIST 2700</td>
<td>US History to 1877 AS (3)</td>
</tr>
<tr>
<td>and HIST 2710</td>
<td>US History since 1877 AS (3)</td>
</tr>
<tr>
<td>HIST 1700</td>
<td>American Civilization AS (3)</td>
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<tr>
<td>HIST 1740</td>
<td>US Economic History AS (3)</td>
</tr>
<tr>
<td>POLS 1000</td>
<td>American Heritage SS (3)</td>
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<tr>
<td>POLS 1100</td>
<td>American National Government AS (3)</td>
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Complete the following:

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<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PHIL 2050</td>
<td>Ethics and Values IH</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 1100</td>
<td>Personal Health and Wellness TE (2)</td>
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</tr>
<tr>
<td>or EXSC 1097</td>
<td>Fitness for Life TE</td>
<td>2</td>
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Distribution Courses: 48 Credits

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>BIOL 1010</td>
<td>General Biology BB ¹</td>
<td>3</td>
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<tr>
<td>or BIOL 1610</td>
<td>College Biology I BB (4)</td>
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<tr>
<td></td>
<td>Physical Science</td>
<td>3</td>
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<td></td>
<td>Third Science Distribution</td>
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<td></td>
<td>Humanities</td>
<td>3</td>
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<tr>
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<td>Fine Arts</td>
<td>3</td>
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<tr>
<td></td>
<td>Social/Behavioral Science</td>
<td>3</td>
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Discipline Core Requirements: 17 Credits

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<th>Course</th>
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<tbody>
<tr>
<td>EXSC 2500</td>
<td>Sports Medicine</td>
<td>3</td>
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<tr>
<td>EXSC 3550</td>
<td>Motor Learning and Control WE</td>
<td>3</td>
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<tr>
<td>EXSC 3750</td>
<td>Psychosocial Aspects of Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 3270</td>
<td>Exercise Testing and Prescription ²</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 3730</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 1615</td>
<td>College Biology I Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 1110</td>
<td>Elementary Chemistry for the Health Sciences PP</td>
<td>4</td>
</tr>
<tr>
<td>or CHEM 1210</td>
<td>Principles of Chemistry I PP</td>
<td></td>
</tr>
<tr>
<td>ZOOL 2320</td>
<td>Human Anatomy BB</td>
<td>3</td>
</tr>
<tr>
<td>and ZOOL 2325</td>
<td>Human Anatomy Laboratory</td>
<td></td>
</tr>
<tr>
<td>ZOOL 2420</td>
<td>Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td>and ZOOL 2425</td>
<td>Human Physiology Laboratory</td>
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</tr>
<tr>
<td>EXSC 270G</td>
<td>Foundations of Exercise Science GI</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 3500</td>
<td>Kinesiology</td>
<td>3</td>
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<tr>
<td>EXSC 3700</td>
<td>Exercise Physiology</td>
<td>3</td>
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<tr>
<td>and EXSC 3705</td>
<td>Exercise Physiology Laboratory</td>
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<tr>
<td>EXSC 3730</td>
<td>Biomechanics</td>
<td>3</td>
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<tr>
<td>STAT 2040</td>
<td>Principles of Statistics QL (4)</td>
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<tr>
<td>or PSY 3110</td>
<td>Statistics for the Behavioral Sciences (4)</td>
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<tr>
<td>EXSC 3400</td>
<td>Statistical Analysis in Exercise Science</td>
<td>3</td>
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<tr>
<td></td>
<td>Complete 22 credits from the following (make sure selections will satisfy the requirements for upper-division course work): 22 Credits</td>
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<tr>
<td>EXSC 4000</td>
<td>Clinical Exercise Physiology (3)</td>
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<tr>
<td>EXSC 4050</td>
<td>Obesity Physiology and Physical Activity (3)</td>
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<tr>
<td>EXSC 4100</td>
<td>Physiology of Aging</td>
<td>3</td>
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<tr>
<td>EXSC 4200</td>
<td>Exercise Metabolism</td>
<td>3</td>
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<tr>
<td>EXSC 4400</td>
<td>Physical Activity Promotion in the Community (3)</td>
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<tr>
<td>EXSC 4500</td>
<td>Advanced Sports Nutrition</td>
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<tr>
<td>EXSC 4550</td>
<td>Principles of Strength and Conditioning (3)</td>
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<tr>
<td>EXSC 4600</td>
<td>Advanced Biomechanics</td>
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<tr>
<td>EXSC 4700</td>
<td>Advanced Gross Motor Assessment (3)</td>
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<tr>
<td>CHEM 1220</td>
<td>Principles of Chemistry II PP (4)</td>
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<td>PHYS 2020</td>
<td>College Physics II PP (4)</td>
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<td>ZOOL 4400</td>
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<td>ZOOL 4700</td>
<td>Advanced Anatomy (4)</td>
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<td>PSY 2300</td>
<td>Abnormal Psychology</td>
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Emphasis Elective Requirements: 3 Credits

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<thead>
<tr>
<th>Course</th>
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<tr>
<td></td>
<td>Any courses 1000-level or higher</td>
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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.
5. No grades below C- in Discipline Core or Emphasis Courses.
6. 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.

Footnote

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>EXSC students must take BIOL 1610 and REC students must take BIOL 1010</td>
</tr>
<tr>
<td>2.</td>
<td>EXSC students must take EXSC 3270 and REC students must take REC 385G</td>
</tr>
<tr>
<td>3.</td>
<td>EXSC students must take EXSC 4950 and REC students must take REC 4950</td>
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</table>
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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.

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>PSY 1010</td>
<td>General Psychology SS</td>
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<tr>
<td>EXSC 1097</td>
<td>Fitness for Life TE</td>
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<td>MATH 1010</td>
<td>Intermediate Algebra</td>
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<tr>
<td>ENGL 1010 or ENGH 1005</td>
<td>Introduction to Academic Writing CC or Literacies and Composition Across Contexts CC</td>
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<td>3</td>
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<tr>
<td>Fine Arts Dist.</td>
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<tr>
<td>ENGL 2010</td>
<td>Intermediate Academic Writing CC</td>
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<td>MATH 1050 or MATH 1055</td>
<td>College Algebra QL or College Algebra with Preliminaries QL</td>
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<td>BIOL 1610</td>
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<tr>
<td>CHEM 1110</td>
<td>Elementary Chemistry for the Health Sciences PP</td>
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<td>PHIL 2050</td>
<td>Ethics and Values IH</td>
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<td>Humanities Dist.</td>
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<td>BIOL 1615</td>
<td>College Biology I Laboratory</td>
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<tbody>
<tr>
<td>ZOOL 2320</td>
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<td>ZOOL 2325</td>
<td>Human Anatomy Laboratory</td>
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<tr>
<td>EXSC 3750</td>
<td>Psychosocial Aspects of Human Performance</td>
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<td>EXSC 270G</td>
<td>Foundations of Exercise Science GI</td>
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<td>ZOOL 2425</td>
<td>Human Physiology Laboratory</td>
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<td>EXSC 3270</td>
<td>Exercise Testing and Prescription</td>
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<td>EXSC 2500</td>
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<th>Semester 6</th>
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Statistics Requirement

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<tbody>
<tr>
<td>EXSC 3500</td>
<td>Kinesiology</td>
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<td>EXSC 3700</td>
<td>Exercise Physiology</td>
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<td>EXSC 3705</td>
<td>Exercise Physiology Laboratory</td>
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<tr>
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<td>EXSC 4950</td>
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