

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
	ENGL 1010	Introduction to Academic Writing	3
or	ENGL 1005	Literacies and Composition Across Contexts (5)	
	ENGL 2010	Intermediate Writing/Academic Writing and Research	3
	MATH 1050	College Algebra	4
or	MATH 1055	College Algebra with Preliminaries (5)	
Complete one of the following:			3
	HIST 2700	US History to 1877 (3)	
and	HIST 2710	US History since 1877 (3)	
	HIST 1700	American Civilization (3)	
	HIST 1740	US Economic History (3)	
	POLS 1000	American Heritage (3)	
	POLS 1100	American National Government (3)	
Complete the following:			
	PHIL 2050	Ethics and Values	3
	HLTH 1100	Personal Health and Wellness (2)	
or	PES 1097	Fitness for Life	2
Distribution Courses:			
	BIOL 1010	General Biology ¹	3
or	BIOL 1610	College Biology I (4)	
Physical Science			3
	ZOOL 1090	Introduction to Human Anatomy and Physiology	3
Humanities Distribution			3
Fine Arts Distribution			3
Social/Behavioral Science			3
Discipline Core Requirements:			16 Credits
	EXSC 2500	Sports Medicine	3
	EXSC 3550	Motor Learning and Control WE	3
	EXSC 3750	Psychosocial Aspects of Human Performance	2

	EXSC 3270	Exercise Testing and Prescription ²	3
or	REC 385G	Ethical Concerns in Recreation (3)	
	EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation	3
	EXSC 4950	Senior Seminar ³ (2)	
or	REC 4950	Senior Seminar	2
Elective Requirements:			14 Credits
Any 1000 level or higher			14
Emphasis Requirements:			51 Credits
	BIOL 1615	College Biology I Laboratory	1
	CHEM 1110	Elementary Chemistry for the Health Sciences	4
or	CHEM 1210	Principles of Chemistry I (4)	
	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 270G	Foundations of Exercise Science	3
	EXSC 3500	Kinesiology	3
	EXSC 3700	Exercise Physiology	3
and	EXSC 3705	Exercise Physiology Laboratory	1
	EXSC 3730	Biomechanics	3
	STAT 2040	Principles of Statistics (4)	
or	PSY 3110	Statistics for the Behavioral Sciences (4)	
	EXSC 3400	Statistical Analysis in Exercise Science	3
Complete 22 credits from the following (make sure selections will satisfy the requirements for upper-division course work):			22
	EXSC 4000	Clinical Exercise Physiology (3)	
	EXSC 4050	Obesity Physiology and Physical Activity (3)	
	EXSC 4100	Fitness Across the Lifespan (3)	
	EXSC 4200	Exercise Metabolism (3)	
	EXSC 4400	Physical Activity Promotion in the Community (3)	
	EXSC 4500	Advanced Sports Nutrition (3)	
	EXSC 4550	Principles of Strength and Conditioning (3)	
	EXSC 4600	Advanced Biomechanics (3)	
	EXSC 4700	Advanced Gross Motor Assessment (3)	
	CHEM 1220	Principles of Chemistry II (4)	
	PHYS 2020	College Physics II (4)	
	ZOOL 4400	Pathophysiology (4)	
	ZOOL 4700	Advanced Anatomy (4)	
	PSY 2300	Abnormal Psychology (3)	
Emphasis Elective Requirements:			3 Credits
Any courses 1000-level or higher			3

Graduation Requirements:

1. Completion of a minimum of 120 semester credits, 40 credits must be upper-division.

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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
¹ Exercise Science students must take BIOL 1610; Outdoor Recreation students must take BIOL1010
² Exercise Science students must take EXSC 3270; Outdoor Recreation students must take REC385G
³ Exercise Science students must take EXSC 4950; Outdoor Recreation students must take REC 4950

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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](#).

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 3110	Social/Beh. Science Dist. (PSY 3110 recommended)	3
PES 1097	Fitness for Life	2
<i>MATH 1050 or MATH 1055</i>	College Algebra or College or College Algebra with Preliminaries (5)	4
<i>ENGL 1010 or ENGH 1005</i>	Introduction to Academic Writing or Literacies and Composition Across Contexts	3
General Elective		3
	Semester total:	15

Notes: Please see your advisor if Math pre-requisites are needed.

Semester 2	Course Title	Credit Hours
<i>BIOL 1610</i>	College Biology 1	4
<i>BIOL 1615</i>	College Biology 1 Laboratory	1
	American Institutions Dist. (Any)	3
ENGL 2010	Intermediate Writing/ Academic Writing and Research	3
	Physical Science Dist. (see your advisor for recommended course)	3
	Semester total:	14

Semester 3	Course Title	Credit Hours
	Fine Arts (Any)	3
<i>CHEM 1110 (or CHEM 1210)</i>	Elementary Chemistry for the Health Sciences (Principles of Chemistry I)	4
<i>CHEM 1115 (or CHEM 1215)</i>	Elementary Chemistry Laboratory (Principles of Chemistry I Lab)	1
PHIL 2050	Ethics and Values	3
General Elective		3
	Semester total:	14

Notes: Please see your advisor to discuss Chemistry options.

Semester 4	Course Title	Credit Hours
ZOOL 2320	Human Anatomy	3
ZOOL 2325	Human Anatomy Lab	1

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EXSC 3750	Psychosocial Aspects of Human Performance	2
EXSC 270G	Foundations of Exercise Science	3
	Humanities (COMM 1020 suggested)	3
General Elective		3
	Semester total:	15
Semester 5	Course Title	Credit Hours
ZOOL 2420	Human Physiology	3
ZOOL 2425	Human Physiology Lab	1
EXSC 2500	Sports Medicine	3
EXSC 3270	Exercise Testing and Prescription	3
	Third Scienc Dist. (see your advisor for recommended course)	3
General Elective		3
	Semester total:	16
Semester 6	Course Title	Credit Hours
	Statistics Requirement (STAT 2040 or PSY 3110)	4
EXSC 3500	Kinesiology	3
EXSC 3700	Exercise Physiology	3
EXSC 3705	Exercise Physiology Lab	1
EXSC 3550	Motor Learning and Control WE	3
EXSC 4950	Senior Seminar	2
	Semester total:	16
Semester 7	Course Title	Credit Hours
EXSC 3730	Biomechanics	3
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation	3
EXSC Elective		3
EXSC Elective		3
EXSC Elective		3
	Semester total:	15
Semester 8	Course Title	Credit Hours
EXSC Elective	To use as a substituiton course for EXSC 3850	3
EXSC Elective		3
EXSC Elective		4
EXSC Elective		3
General Elective		2
	Semester total:	15

	Degree total:	120
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