

EXERCISE SCIENCE (BACHELOR OF SCIENCE, B.S.)

Overview

Missouri Western's Health, Sport, and Exercise Science (HSES) program educates and prepares students to engage in careers across the health, sport, recreation, and fitness spectrum. What sets us apart is our commitment to high-impact applied learning experiences. Students will engage in a variety of hands-on learning experiences both in the classroom and professional settings.

Undergraduates interested in health and fitness can complete a degree in Exercise Science with concentrations in Health and Exercise Science or Personal and Commercial Fitness. Health and Exercise Science students are prepared to pursue careers in sports medicine (pre-physical therapy, pre-athletic training, pre-chiropractic) and a variety of clinical settings as well as personal and commercial fitness settings.

Requirements

Students who choose this bachelor degree program will have no more than 6 years from admission or subsequent declaration to meet the requirements listed below. If certification, accreditation or statutory requirements change and additional requirements become effective during this time, the new requirements take precedence.

Code	Title	Credit Hours
General Studies		
Students must complete General Studies courses (http://catalog.missouriwestern.edu/undergraduate/university-information/academic-standards-regulations/baccalaureate-degree/#bachelor-general-studies)		42
Core Requirements		
BIO 250 Anatomy and Physiology		5
EXS 101	Fitness and Wellness	3
EXS 191	Foundations of Physical Education	3
EXS 303	Kinesiology	3
EXS 304	Physiology of Exercise	3
EXS 305	First Aid: Responding to Emergencies	3
or EXS 306	Sport Safety Training	
or EXS 385	Athletic Training	
EXS 352	Fitness and Sports Nutrition	3
EXS 393	Measurement in Physical Education	3

Concentration

Select one of the following concentrations:

Health and Exercise Science

Personal and Commercial Fitness

Concentrations:

Health and Exercise Science (p.)

Personal and Commercial Fitness (p.)

Health and Exercise Science Concentration

Students with a concentration in Health and Exercise Science are prepared for careers as exercise specialists in clinical, industrial, and

commercial settings. A degree in Health and Exercise Science also prepares students interested in pursuing advanced degrees in sports medicine and for careers within clinical settings (e.g. physical therapy, athletic training, occupational therapy, chiropractic, cardiac rehabilitation, and others). Students should be aware that they may need to complete additional coursework to meet admission requirements for advanced degree programs. Graduating students are strongly encouraged to obtain the following certification(s):

- ACSM Certified Exercise Physiologist or higher

Code	Title	Credit Hours
Concentration Requirements		
EXS 217	Principles of Strength Training and Conditioning	3
EXS 327	Exercise Prescription for Special Populations	3
EXS 373 or EXS 374	Psychology of Exercise Psychology of Sport	3
EXS 400	Advanced Cardiovascular Exercise Physiology	3
EXS 401	Graded Exercise Testing	3
EXS 430	Field Experience in Health and Exercise Science	6
EXS 480 or EXS 481	Practicum in Physical Education Children's Lifetime Sports Academy Practicum	2-3
Select a minimum of twelve credit hours from the following:		12
ALH 106	Medical Terminology	
CHE 111	General Chemistry I	
CHE 120	General Chemistry II with Qualitative Analysis	
EXS 218	Principles of Aerobic Training	
EXS 373 or EXS 374	Psychology of Exercise ¹ Psychology of Sport	
EXS 417	Applied Techniques in Personal Training	
EXS 451	Research Methods in Allied Health Professions	
PHY 110	College Physics I	
PHY 111	College Physics II	
Total Credit Hours		35-36

¹ Must use option not used above.

Note: Students may not complete both Health and Exercise Science Concentration and the Personal and Commercial Fitness Concentration.

Personal and Commercial Fitness Concentration

Students pursuing a Personal and Commercial Fitness Concentration are prepared for a wide variety of careers including personal training, strength and conditioning coaching, corporate wellness, fitness sales, and others. Additionally, the Personal and Commercial Fitness concentration has been designed to be paired with a minor in Recreation

Sport Management, General Business, or Entrepreneurship. Graduating students are strongly encouraged to obtain the following certification(s):

- NSCA Personal Trainer or Certified Strength and Conditioning Specialist (CSCS), ACSM Personal Trainer, ACE Personal Trainer, NASM Personal Trainer

Code	Title	Credit Hours
Concentration Requirements		
EXS 217	Principles of Strength Training and Conditioning	3
EXS 218	Principles of Aerobic Training	3
EXS 327	Exercise Prescription for Special Populations	3
EXS 373 or EXS 374	Psychology of Exercise Psychology of Sport	3
EXS 401	Graded Exercise Testing	3
EXS 417	Applied Techniques in Personal Training	3
EXS 430	Field Experience in Health and Exercise Science	6
EXS 451	Research Methods in Allied Health Professions	3
EXS 480 or EXS 481	Practicum in Physical Education Children's Lifetime Sports Academy Practicum	2-3
RSM 325	Law for the Recreation and Sport Practitioner	2
Select a minimum of nine credit hours from the following:		9
ACC 201	Introductory Financial Accounting	
EXS 373 or EXS 374	Psychology of Exercise ¹ Psychology of Sport	
EXS 400	Advanced Cardiovascular Exercise Physiology	
FIN 210	Personal Finance	
MGT 350	Organizational Behavior	
MKT 301	Principles of Marketing	
MKT 351	Professional Selling and Sales Management	
RSM 343	Marketing in Recreation and Sport	
RSM 360	Entrepreneurship in Recreation and Sport	
Total Credit Hours		40-41

¹ Must use option not used above.

Note: Students may not complete both the Health and Exercise Science Concentration and the Personal and Commercial Fitness Concentration.

1. Earn a grade of C or higher in all major coursework.
2. Earn an overall GPA of at least 2.0 and a major GPA of at least 2.0.

University Graduation Requirements

1. Earn a minimum of 120 credit hours (100 level and higher, maximum of 6 CED credit hours applicable).
2. Earn a minimum of 30 credit hours in upper-division courses. Lower-division transfer courses accepted as meeting upper-division

departmental course requirements cannot be used to fulfill this requirement.

3. Earn 30 of the last 45 credit hours at MWSU in institutional coursework (exclusive of credit by examination).
4. Participate in required departmental and campus wide assessments.
5. Fulfill the Missouri Constitution requirement.
6. Successfully pass the Missouri Higher Education Civics Achievement exam.