

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 | | 42 |
| Students must complete General Studies courses (http://catalog.missouriwestern.edu/undergraduate/university-information/academic-standards-regulations/baccalaureate-degree/#bachelor-general-studies) | | |
| Core Requirements | | 26 |
| 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 |
| Select one of the following concentrations: | | |
| Health and Exercise Science | | 35-36 |
| Personal and Commercial Fitness | | 40-41 |

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 | Psychology of Exercise | 3 |
| or EXS 374 | Psychology of Sport | |
| 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 | Practicum in Physical Education | 2-3 |
| or EXS 481 | Children's Lifetime Sports Academy Practicum | |
| 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 | Psychology of Exercise ¹ | |
| or EXS 374 | 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.

Program Graduation Requirements

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.