

EXERCISE SCIENCE BA/BS

A major in Exercise Science prepares students to integrate principles from both Physical & Life Sciences, Kinesiology, and Health into the study of the art and science of human movement. Students who pursue this degree often plan to attend professional post-baccalaureate programs in the Allied Health Sciences (i.e. physical therapy, occupational therapy, sports medicine, cardiac rehabilitation, etc.). These students go on to be successful in a variety of allied health fields that are clinically-oriented, diverse, and that place an emphasis on research-based practice.

Students who graduate with a degree in Exercise Science will be **well-prepared** to:

- Use and interpret formal and informal assessment strategies to advance individual performance and determine the effectiveness of a prescribed exercise program.
- Apply skills and knowledge within a professional allied health setting, integrating ethical standards and best practices in the field.
- Create programs and learning environments that encourage positive social interaction, active engagement, and self-motivation.
- Interact in a professional, effective manner with colleagues, families, and community agencies to support growth and well-being of programs and participants.
- Design and conduct a research project, analyze and interpret data and present findings both orally and in writing.

General Education Requirements

Code	Title	Credits
Written Communication		
Select one of the following:		6.00
ENGL-101 & ENGL-102	WRITING AND RHETORIC I and WRITING AND RHETORIC II	
ENGL-109	COLLEGE WRITING AND RESEARCH	
Oral Communication		
Select one from the following:		3.00
COMM-101	FUNDAMENTALS OF ORAL COMMUNICATION	
COMM-203	SMALL GROUP COMMUNICATION	
COMM-204	PUBLIC SPEAKING	
Mathematical Ways of Knowing		
MATH-147	COLLEGE ALGEBRA AND TRIGONOMETRY	5.00
Humanistic & Artistic Ways of Knowing		
Select one course from two categories:		6.00-8.00
Literature		
ENGL-175	LITERATURE AND IDEAS	
ENGL-257	WORLD CLASSICS	
ENGL-258	INTERNATIONAL LITERATURE	
ENGL-260	NATIVE AMERICAN LITERATURE	
ENGL-261	MYTHOLOGIES	
Arts		
ART-100	INTRODUCTION TO ART	
HUM-101	THE ART AND HISTORY OF THE MOTION PICTURE	
HUM-150	INTRODUCTION TO THE ARTS	
MUS-101	SURVEY OF MUSIC	
MUS-102	MUSIC IN AMERICA	
MUS-150	WORLD MUSIC	
MUS-151	HISTORY OF MUSICAL THEATER	
MUS-152	HISTORY OF JAZZ AND POPULAR MUSIC STYLES	
THEA-101	SURVEY OF THE THEATER	
Language		
NP-101	NEZ PERCE LANGUAGE AND CULTURE	
NP-102	NEZ PERCE LANGUAGE AND HISTORY	
SPAN-101	ELEMENTARY SPANISH I	
SPAN-102	ELEMENTARY SPANISH II	

Scientific Ways of Knowing

BIOL-227	HUMAN ANATOMY AND PHYSIOLOGY I	4.00
CHEM-111	PRINCIPLES OF CHEMISTRY I	4.00

Social & Behavioral Ways of Knowing

PSYC-205	LIFESPAN DEVELOPMENTAL PSYCHOLOGY	3.00
Select one of the following:		3.00

ANTH-102	CULTURAL ANTHROPOLOGY	
ANTH-120	WORLD PREHISTORY	
ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES	
ECON-201	PRINCIPLES OF MACROECONOMICS	
ECON-202	PRINCIPLES OF MICROECONOMICS	
GEOG-102	INTRODUCTION TO GEOGRAPHY	
HIST-101	WORLD HISTORY I	
HIST-102	WORLD HISTORY II	
HIST-111	UNITED STATES HISTORY I	
HIST-112	UNITED STATES HISTORY II	
HRPT-184	DIVERSITY IN ORGANIZATIONS	
HRPT-185	HUMAN RELATIONS IN ORGANIZATIONS	
POLS-101	AMERICAN NATIONAL GOVERNMENT	
POLS-237	INTERNATIONAL POLITICS	
POLS-285	COMPARATIVE GOVERNMENT	
SOC-101	INTRODUCTION TO SOCIOLOGY	
SOC-102	SOCIAL PROBLEMS	
SS-184	DIVERSITY IN ORGANIZATIONS	
SS-185	HUMAN RELATIONS IN ORGANIZATIONS	

Diversity

Select one of the following:		3.00-4.00
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ANTH-102	CULTURAL ANTHROPOLOGY	
ANTH-120	WORLD PREHISTORY	
ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES	
ANTH-360	RACE AND ETHNICITY	
COMM-345	INTERCULTURAL COMMUNICATION	
ENGL-258	INTERNATIONAL LITERATURE	
ENGL-474	NATIVE AMERICAN WRITTEN LITERATURE	
GEOG-102	INTRODUCTION TO GEOGRAPHY	
HIST-101	WORLD HISTORY I	
HIST-102	WORLD HISTORY II	
HIST-111	UNITED STATES HISTORY I	
HIST-112	UNITED STATES HISTORY II	
HRPT-184	DIVERSITY IN ORGANIZATIONS	
ID-300C	ETHICS AND IDENTITY	
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS	
NP-101	NEZ PERCE LANGUAGE AND CULTURE	
NP-102	NEZ PERCE LANGUAGE AND HISTORY	
POLS-285	COMPARATIVE GOVERNMENT	
SOC-101	INTRODUCTION TO SOCIOLOGY	
SPAN-101	ELEMENTARY SPANISH I	
SPAN-102	ELEMENTARY SPANISH II	
SPAN-201	INTERMEDIATE SPANISH I	
SPAN-202	INTERMEDIATE SPANISH II	
SS-184	DIVERSITY IN ORGANIZATIONS	

Integrative Seminar: Ethics & Values

Select one of the following:	3.00
ID 300A - 300Z (see course descriptions for options)	
ID-301A HELLS CANYON INSTITUTE	
Foreign/Heritage Language	
Select 16 credits of language if selecting Bachelor of Arts Degree	16.00
Total Credits	40.00-43.00

Program Requirements

Code	Title	Credits
Health & Kinesiology Courses		
HLTH-253	NUTRITION	3.00
HLTH/KIN-272	FITNESS AND WELLNESS	3.00
KIN-248	SPORTS MEDICINE	3.00
KIN-361	BIOMECHANICS LABORATORY	1.00
KIN-362	BIOMECHANICS	3.00
KIN-363	PHYSIOLOGY OF EXERCISE	3.00
KIN-364	EXERCISE PHYSIOLOGY LABORATORY	1.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN/HLTH-494	INTERNSHIP IN KINESIOLOGY	3.00
Select three of the following:		8.00-9.00
KIN-411	EXERCISE PSYCHOLOGY	
KIN-425	ETHICAL DECISION-MAKING SPORT LEADERS	
KIN-435	AGING AND PHYSICAL ACTIVITY	
KIN-436	PERSONAL/GROUP TRAINING CERT PREP	
KIN-467	PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS	
HLTH-453	HEALTH PROMOTION	
HLTH-454	WELLNESS COACHING	
Natural Science Courses		
BIOL-181	ECOLOGY, EVOLUTION, DIVERSITY OF LIFE	4.00
BIOL-182	CONCEPTS IN CELLULAR MECHANISMS	4.00
BIOL-228	HUMAN ANATOMY AND PHYSIOLOGY II	4.00
CHEM-112	PRINCIPLES OF CHEMISTRY II	4.00
PHYS-111	GENERAL PHYSICS I	4.00
PHYS-112	GENERAL PHYSICS II	4.00
Select 2-4 credits of NS 300/400 level		2.00-4.00
Cross-Discipline Courses		
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
or BIOL-280	PRE-MEDICAL SEMINAR	
MEDPT-173	MEDICAL TERMINOLOGY	3.00
MATH-253	STATISTICAL METHODS FOR THE SCIENCES	3.00
or PSYC-300	STATISTICAL METHODS	
Senior Research/Project		
KIN-498	SENIOR RESEARCH PROJECT I	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
Electives		
Select 4-7 elective credits		4.00-7.00
Total Credits		77.00-83.00

Sequential Plan of Study

Course	Title	Credits
First Year		
Fall		
CHEM-111	PRINCIPLES OF CHEMISTRY I	4.00
ENGL-101	WRITING AND RHETORIC I	3.00
MATH-147	COLLEGE ALGEBRA AND TRIGONOMETRY	5.00
CORE	Oral Communication	3.00
Credits		15.00
Spring		
BIOL-280 or KIN-260	PRE-MEDICAL SEMINAR or INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
CHEM-112	PRINCIPLES OF CHEMISTRY II	4.00
ENGL-102	WRITING AND RHETORIC II	3.00
KIN-272	FITNESS AND WELLNESS	3.00
MEDPT-173	MEDICAL TERMINOLOGY	3.00
Elective	Elective Credits	1.00
Credits		15.00
Second Year		
Fall		
BIOL-181	ECOLOGY, EVOLUTION, DIVERSITY OF LIFE	4.00
BIOL-227	HUMAN ANATOMY AND PHYSIOLOGY I	4.00
CORE	Humanistic & Artistic Ways of Knowing	3.00
CORE	Social & Behavioral Ways of Knowing	3.00
Elective	Elective Credits	1.00
Credits		15.00
Spring		
BIOL-182	CONCEPTS IN CELLULAR MECHANISMS	4.00
BIOL-228	HUMAN ANATOMY AND PHYSIOLOGY II	4.00
HLTH-253	NUTRITION	3.00
CORE	Humanistic & Artistic Ways of Knowing	3.00
Elective	Elective Credits	1.00
Credits		15.00
Third Year		
Fall		
KIN-361	BIOMECHANICS LABORATORY	1.00
KIN-362	BIOMECHANICS	3.00
CORE	Diversity	3.00
PHYS-111	GENERAL PHYSICS I	4.00
PSYC-205	LIFESPAN DEVELOPMENTAL PSYCHOLOGY	3.00
NS	NS 300/400 Level	3.00
Credits		17.00
Spring		
KIN-363	PHYSIOLOGY OF EXERCISE	3.00
KIN-364	EXERCISE PHYSIOLOGY LABORATORY	1.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00
PHYS-112	GENERAL PHYSICS II	4.00
Program Requirement	Select KIN Selective course	3.00
Credits		14.00
Fourth Year		
Fall		
KIN-248	SPORTS MEDICINE	3.00

KIN-498	SENIOR RESEARCH PROJECT I	3.00
MATH-253 or PSYC-300	STATISTICAL METHODS FOR THE SCIENCES or STATISTICAL METHODS	3.00
NS	NS 300/400 Level	2.00
Program Requirement	Select KIN Selective course	3.00
Credits		14.00
Spring		
KIN-434	EXERCISE PRESCRIPTION	3.00
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
CORE	Integrative Seminar: Ethics & Values	3.00
Program Requirement	Select KIN Selective course	3.00
Credits		15.00
Total Credits		120.00

Graduates with a BA/BS in Exercise Science go on to attend professional post-baccalaureate programs in a variety of fields:

- Physical Therapy
- Occupational Therapy
- Sports Medicine
- Cardiac Rehabilitation