



B.S. in Exercise and Sport Science Health and Human Performance Emphasis

For Office Use Only
EXS-HHPBS.2019mrs
1522
58 credits
Effective Date: 09/2019

***For specific course information – see Course Listings in Catalog**

Core Requirements

35 Credits

BIOL 260/L	4	Human Anatomy/Lab
BIOL 261/L	4	Human Physiology/Lab
EXS 330	3	Principles of Exercise and Sports Science
EXS 340	3	Motor Learning
EXS 341	3	Biomechanics
EXS 344/L	4	Physiology of Exercise/Lab
EXS 365	3	Exercise Testing and Prescription
EXS 399R	3	Internship in Exercise and Sport Science
EXS 493	2	Research Methods in Exercise and Sport Science
EXS 494	3	Student Research in Exercise and Sport Science
MATH 121	3	Principles of Statistics

Health and Human Performance

23 Credits

Health and Human Performance *15 Credits Minimum*

EXS 270	3	Sports Nutrition
EXS 339	3	Measurement and Evaluation
EXS 409	3	Sports Psychology
EXS 420	3	Physical Activity in Public Health
HLTH 135	2	Health in Marriage and Pregnancy
HLTH 221	3	Substance Use and Abuse
HLTH 230	2	Health Issues and Problems
HLTH 369	3	Community Health

Health and Human Performance Electives *8 Credits Minimum*

Elective pool includes any above, not previously used, or any below. A minimum of 3 credits must be from 300 or 400 level courses. No more than 4 credits of Sports Fundamentals (EXS 230-247) are allowed to count in elective pool.

EXS 230-247	1-4	Sport Fundamentals
EXS 306	2	Sports Officiating
EXS 349	3	Prevention and Care of Athletic Injuries
EXS 350	3	Medical and Wellness Tourism
EXS 361	3	Corporate Wellness Management
EXS 369R	3	Coaching Fundamentals in Selected Sports
EXS 370	3	Event Management in Sport and Fitness
EXS 410	2	the Personal Trainer Certification
EXS 411	2	Sports Nutrition Certification
EXS 414	3	International Sport & Facility Management
EXS 441	2	Adaptive Physical Education
EXS 458	3	International Sport and Law
HLTH 115	3	Essentials of Nutrition
HLTH 441	2	Health in Secondary Schools
BIOL 112/L	4	Biology I – Cell and Molecular Biology/Lab
BIOL 113	3	Biology II – Evolution, Ecology, and Organismal Biology

The terms of this MRS will be honored by the Faculty and University within the next 8 years. If courses cease to be offered, options for substitution will be provided.

*Last Revision 9/11/19
Accessibility Check 11/25/19*