Exercise Science, A.S.

Visit the Exercise Science and Outdoor Recreation Department page (https://www.uvu.edu/college-of-science/exercise-science/) for more information on the program and access to advising.

Program Description

The Exercise Science, A.S. provides students with a strong foundation in the fundamental knowledge and skills needed to pursue careers in exercise science and related health fields. This program prepares students for further study or entry-level roles in areas such as fitness, wellness, and rehabilitation. Graduates are equipped with essential competencies in anatomy, physiology, exercise programming, and health promotion.

Program Requirements

Code	Title	Credit Hours
Total Credit Hours		**60**
General Education Requirements		**33 Credits**
ENGL 1010	Introduction to Academic Writing	3
or ENGL 1005	Foundations of Academic Writing	
ENGL 2010	Intermediate Academic Writing	3
Complete one of the following:		4
MATH 1050	College Algebra (4) (recommended for Business, Education, Science, and Health Professions majors)	
MATH 1055	College Algebra with Preliminaries (5)	
Complete one of the following:		3
HIST 2700 & HIST 2710	US History to 1877 and US History since 1877 (6)	
HIST 1700	American History (3)	
HIST 1740	US Economic History (3)	
POLS 1000	American Heritage (3)	
POLS 1100	American National Government (3)	
Distribution Courses:		
Biology		
BIOL 1610	College Biology I	4
Physical Science		
CHEM 1110	Elementary Chemistry for the Health Sciences	4
or CHEM 1210	Principles of Chemistry I	
Personal, Professional, and Civic Growth EXSC 1097 recommended		3
Humanities Distribution PSY 1010 recommended		3
Fine Arts Distribution		3
Social/Behavioral Science		3
Discipline Core Requirements		**15 Credits**
BIOL 1615	College Biology I Laboratory	1
ZOOL 2320 & ZOOL 2325	Human Anatomy and Human Anatomy Laboratory	4
ZOOL 2420 & ZOOL 2425	Human Physiology and Human Physiology Laboratory	4
EXSC 2500	Sports Medicine	3
EXSC 2700G	Foundations of Exercise Science	3
Elective Requirements		**12 Credits**
Any 1000-level course or higher		12
Must include CHEM 1215 if taking CHEM 1210 for the Physical Science GE distribution		

Graduation Requirements

1. Completion of a minimum of 60 semester credits.
2. Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
3. Residency hours -- minimum of 20 credit hours through course attendance at UVU.
4. Completion of GE and specified departmental requirements.

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 (http://www.uvu.edu/wolverinetrack/).

First Year		
Semester 1		**Credit Hours**
ENGL 1010 or ENGL 1005	Introduction to Academic Writing or Foundations of Academic Writing	3
Quantitative Literacy		4
BIOL 1610		4
BIOL 1615		1
PSY 1010		3
	Credit Hours	**15**
Semester 2		
ZOOL 2320	Human Anatomy	3
ZOOL 2325	Human Anatomy Laboratory	1
ENGL 2010	Intermediate Academic Writing	3
Personal, Professional, and Civic Growth EXSC 1097 recommended		3
CHEM 1110 or 1210		4
	Credit Hours	**14**
Second Year		
Semester 3		
ZOOL 2420	Human Physiology	3
ZOOL 2425	Human Physiology Laboratory	1
American Institutions Distribution		3
Social/Behavioral Science Distribution		3
General Elective		3
General Elective		3
	Credit Hours	**16**
Semester 4		
Fine Arts Distribution		3
EXSC 2500	Sports Medicine	3
EXSC 2700G	Foundations of Exercise Science	3
General Elective		3
General Elective		3
	Credit Hours	**15**
	Total Credit Hours	**60**

Program Learning Outcomes

1. Apply knowledge of human anatomy and physiology to exercise science and health-related fields.
2. Apply essential technical and practical skills in exercise science to complete tasks or solve problems related to advanced concepts.
3. Evaluate evidence-based practices and make decisions based on multiple perspectives in exercise science.
4. Adhere to ethical standards and professional guidelines in exercise science and related fields.

Recreation and fitness studies teachers, postsecondary

- Total Positions16,200
- Field Growth3.4%
- Median Salary$75,770
- Average Openings1.3

Athletes and sports competitors

- Total Positions25,100
- Field Growth11.1%
- Median Salary$70,280
- Average Openings3.4

Coaches and scouts

- Total Positions307,100
- Field Growth8.8%
- Median Salary$45,910
- Average Openings41.8

Exercise trainers and group fitness instructors

- Total Positions350,100
- Field Growth13.6%
- Median Salary$46,480
- Average Openings73.7