

Exercise Science, B.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, B.S. program prepares students for careers in exercise science and health-related fields, including pre-professional tracks for medical programs. Students will gain knowledge in human anatomy, physiology, and biomechanics, while mastering advanced techniques for exercise assessment and movement analysis. This program emphasizes effective communication with clients, colleagues, and healthcare professionals.

Program Requirements

| Code | Title | Credit Hours |
|---|---|-------------------|
| Total Credit Hours | | 120 |
| General Education Requirements | | 33 Credits |
| ENGL 1010 or ENGL 1005 | Introduction to Academic Writing Foundations of Academic Writing | 3 |
| ENGL 2010 | Intermediate Academic Writing | 3 |
| MATH 1050 or MATH 1055 | College Algebra College Algebra with Preliminaries | 4 |
| American Institutions (complete one of the following for 3 credits): | | 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 Requirements | | |
| Biology Distribution | | 4 |
| BIOL 1610 | College Biology I (4) | |
| Physical Science | | 4 |
| CHEM 1110 or CHEM 1210 | Elementary Chemistry for the Health Sciences (4) Principles of Chemistry I | |
| Humanities ^{PSY 1010 recommended} | | 3 |
| Fine Arts | | 3 |
| Social/Behavioral Science | | 3 |
| Personal, Professional, and Civic Growth ^{EXSC 1097 recommended} | | 3 |
| Exercise Science Requirements | | 87 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 |
| EXSC 3270 | Exercise Testing and Prescription | 3 |
| EXSC 3500 | Kinesiology | 3 |
| EXSC 3700 & EXSC 3705 | Exercise Physiology and Exercise Physiology Laboratory | 4 |
| EXSC 3550 | Motor Learning and Control | 3 |
| EXSC 3730 | Biomechanics | 3 |

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| EXSC 3750 | Psychosocial Aspects of Human Performance | 3 |
| EXSC 4300 | Research Methods in Exercise Science and Outdoor Recreation | 3 |
| Complete one of the following: | | 3 |
| STAT 2040 | Principles of Statistics (4) | |
| PSY 3110 | Statistics for the Behavioral Sciences (4) | |
| EXSC 3400 | Statistical Analysis in Exercise Science (3) | |
| Complete at least 15 credits from the following (make sure selections will satisfy the requirements for upper-division course work): | | 15 |
| CHEM 1215 | Principles of Chemistry I Laboratory (1) | |
| EXSC 4000 | Clinical Exercise Physiology (3) | |
| EXSC 4050 | Obesity Physiology and Physical Activity (3) | |
| EXSC 4100 | Physiology of Aging (3) | |
| EXSC 4200 | Exercise Metabolism (3) | |
| EXSC 4400 | Physical Activity Promotion in the Community (3) | |
| EXSC 4500 | Advanced Sports Nutrition (3) | |
| EXSC 4550 | Principles of Strength and Conditioning (3) | |
| EXSC 4600 | Advanced Biomechanics (3) | |
| EXSC 4650 | Applied Sports Science (3) | |
| EXSC 4700 | Advanced Gross Motor Assessment (3) | |
| General Elective Requirements (up to 32 credits) | | 32 |
| Consult with your academic advisor for guidance on career applicable course options. | | |
| Any 1000-level course(s) or higher | | |

- ¹ EXSC students must take BIOL 1610 and BIOL 1615, and REC students must take BIOL 1010
- ² EXSC students must take EXSC 3270 and REC students must take REC 3850G
- ³ EXSC students must take EXSC 4950 and REC students must take REC 4950

Graduation Requirements

1. Completion of a minimum of 120 semester credits, 40 credits must be upper-division.
2. Overall grade point average of 2.0 (C) or above. (Departments may require a higher GPA.)
3. Residency hours: minimum of 30 credit hours through course attendance at UVU, with at least 10 hours earned in the last 45 hours.
4. Completion of GE and specified departmental requirements.
5. No grades below C- in Discipline Core or Emphasis Courses.
6. Successful completion of at least one Global/Intercultural course.
7. Successful completion of at least two Writing Enriched (WE) courses.

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 |
|---|--|--------------|
| Humanities Distribution | | 3 |
| ENGL 1010 or ENGL 1005 | Introduction to Academic Writing or Foundations of Academic Writing | 3 |
| General Elective | | 3 |
| General Elective | | 3 |
| General Elective | | 3 |
| Credit Hours | | 15 |
| Semester 2 | | Credit Hours |
| ENGL 2010 | | 3 |
| MATH 1050 or MATH 1055 | College Algebra or College Algebra with Preliminaries | 4 |
| Fine Arts Dist. | | 3 |
| Personal, Professional, and Civic Growth <small>EXSC 1097 recommended</small> | | 3 |

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| General Elective | | 3 |
| Credit Hours | | 16 |
| Second Year | | |
| Semester 3 | | |
| BIOL 1610 | College Biology I | 4 |
| BIOL 1615 | College Biology I Laboratory | 1 |
| CHEM 1110 or CHEM 1210 | Elementary Chemistry for the Health Sciences <small>If taking CEM 1210, must also take CHEM 1215</small> or Principles of Chemistry I | 4 |
| Social/Behavioral Science Distribution | | 3 |
| General Elective | | 3 |
| Credit Hours | | 15 |
| Semester 4 | | |
| ZOOL 2320 | Human Anatomy | 3 |
| ZOOL 2325 | Human Anatomy Laboratory | 1 |
| EXSC 3750 | Psychosocial Aspects of Human Performance | 3 |
| EXSC 2700G | Foundations of Exercise Science | 3 |
| American Institutions Distribution | | 3 |
| General Elective | | 2 |
| Credit Hours | | 15 |
| Third Year | | |
| Semester 5 | | |
| ZOOL 2420 | Human Physiology | 3 |
| ZOOL 2425 | Human Physiology Laboratory | 1 |
| EXSC 2500 | Sports Medicine | 3 |
| EXSC 3700 | Exercise Physiology | 3 |
| EXSC 3705 | Exercise Physiology Laboratory | 1 |
| Statistics requirement | | 3 |
| Credit Hours | | 14 |
| Semester 6 | | |
| EXSC 3270 | Exercise Testing and Prescription | 3 |
| EXSC 3500 | Kinesiology | 3 |
| EXSC 3550 | Motor Learning and Control | 3 |
| EXSC 4300 | Research Methods in Exercise Science and Outdoor Recreation | 3 |
| EXSC/General Elective | | 3 |
| Credit Hours | | 15 |
| Fourth Year | | |
| Semester 7 | | |
| EXSC 3730 | Biomechanics | 3 |
| EXSC/General Elective | | 3 |
| Credit Hours | | 15 |
| Semester 8 | | |
| EXSC/General Elective | | 3 |
| Credit Hours | | 15 |
| Total Credit Hours | | 120 |

Program Learning Outcomes

1. Identify the key concepts of human anatomy, physiology, and kinesiology as they relate to physical activity.
2. Conduct comprehensive fitness related and biomechanical assessments for a variety of populations including healthy individuals, those with chronic diseases, and athletes.
3. Promote healthy lifestyles and physical activity to prevent and manage chronic diseases using evidence-based strategies and interventions.

4. Apply critical thinking and decision-making skills using multiple perspectives and evidence-based practice to solve complex problems in exercise science.
5. Adhere to ethical standards and professional guidelines in exercise science and related fields.

Recreation and fitness studies teachers, postsecondary

- Total Positions 16,200
- Field Growth 3.4%
- Median Salary \$75,770
- Average Openings 1.3

Athletes and sports competitors

- Total Positions 25,100
- Field Growth 11.1%
- Median Salary \$70,280
- Average Openings 3.4

Coaches and scouts

- Total Positions 307,100
- Field Growth 8.8%
- Median Salary \$45,910
- Average Openings 41.8

Exercise trainers and group fitness instructors

- Total Positions 350,100
- Field Growth 13.6%
- Median Salary \$46,480
- Average Openings 73.7