

Exercise Science and Outdoor Recreation - Exercise Science Emphasis, B.A.

The Exercise Science curriculum has been designed to address student needs and current market demands. Through practical experiences in laboratory settings using state of the art equipment such as the Biodex S4, students are exposed to real life rehabilitation experiences as well as researching functional abilities and performance aspects of collegiate athletes. Additional classroom and lab experiences allow students to conduct 3-D motion analysis, measure muscle activity using wireless EMG technology, and analyze gait patterns using the GaitRite System, as well as conducting assessments to determine maximum oxygen uptake (VO₂ Max), body composition, and anaerobic power.

Program Requirements

Code	Title	Credit Hours
Total Credit Hours		120
Exercise Science and Outdoor Recreation Requirements		66 Credits
Complete the requirements		66
Emphasis Requirements		54 Credits
BIOL 1615	College Biology I Laboratory	1
CHEM 1110 or CHEM 1210	Elementary Chemistry for the Health Sciences PP Principles of Chemistry I PP	4
ZOOL 2320	Human Anatomy	3
ZOOL 2325	Human Anatomy Laboratory	1
ZOOL 2420 & ZOOL 2425	Human Physiology and Human Physiology Laboratory	4
EXSC 270G	Foundations of Exercise Science GI	3
EXSC 3500	Kinesiology	3
EXSC 3700 & EXSC 3705	Exercise Physiology and Exercise Physiology Laboratory	4
EXSC 3730	Biomechanics	3
Complete one of the following:		3
STAT 2040	Principles of Statistics QL (4)	
PSY 3110	Statistics for the Behavioral Sciences (4)	
EXSC 3400	Statistical Analysis in Exercise Science (3)	
Choose 22 credits from the following (make sure selections will satisfy the requirements for upper-division course work):		22
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 4700	Advanced Gross Motor Assessment (3)	
CHEM 1220	Principles of Chemistry II PP (4)	
PHYS 2020	College Physics II PP (4)	
ZOOL 4400	Pathophysiology (4)	
ZOOL 4700	Advanced Anatomy (4)	
PSY 2300	Abnormal Psychology (3)	
Emphasis Elective Requirements:		
Any course(s) 1000-level or higher		3

Core Requirements

Code	Title	Credit Hours
Total Credit Hours		66
General Education Requirements		37 Credits
ENGL 1010 or ENGL 1005	Introduction to Academic Writing CC Literacies and Composition Across Contexts CC	3
ENGL 2010	Intermediate Academic Writing CC	3
MATH 1050 or MATH 1055	College Algebra QL College Algebra with Preliminaries QL	4
Complete one of the following:		3
HIST 2700 or HIST 2710	US History to 1877 AS (3) US History since 1877 AS	
HIST 1700	American Civilization AS (3)	
HIST 1740	US Economic History AS (3)	
POLS 1000	American Heritage AS (3)	
POLS 1100	American National Government AS (3)	
Complete the following:		
PHIL 2050	Ethics and Values IH	3
HLTH 1100 or EXSC 1097	Personal Health and Wellness TE Fitness for Life TE	2
Distribution Courses:		
BIOL 1010 or BIOL 1610	General Biology BB ¹ Exercise Science students must take BIOL 1610 and BIOL 1615; Outdoor Recreation students must take BIOL 1010 College Biology I BB	3
Physical Science		3
Third Science Distribution		3
Humanities (any foreign language 202G/2020 course)		4
Fine Arts		3
Social/Behavioral Science		3
Discipline Core Requirements		17 Credits
EXSC 2500	Sports Medicine	3
EXSC 3550	Motor Learning and Control WE	3
EXSC 3750	Psychosocial Aspects of Human Performance	3
EXSC 3270 or REC 385G	Exercise Testing and Prescription ² Exercise Science students must take EXSC 3270; Outdoor Recreation students must take REC 385G Ethical Concerns in Recreation GI	3
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation WE	3
EXSC 4950 or REC 4950	Senior Seminar ³ Exercise Science students must take EXSC 4950; Outdoor Recreation students must take REC 4950 Senior Seminar	2
Elective Requirements		12 Credits
Complete 12 credit hours of course work from one language to include the 1010, 1020, and 2010 levels (202G/2020 level completed in GE requirements).		12
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 385G		

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. Completion of 16 credit hours of course work from one language to include the 1010, 1020, 2010, and 202G/2020 levels or transferred equivalents.
6. No grades below C- in Discipline Core or Emphasis Courses.
7. Successful completion of at least one Global/Intercultural course.
8. Successful completion of at least two Writing Enriched (WE) courses.

Note: Students must obtain the departmental advisor's signature on an approved program plan prior to enrollment in their second semester of study.

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
PSY 1010	General Psychology SS	3
PES 1097		2
MATH 1050 or MATH 1055	College Algebra QL or College Algebra with Preliminaries QL	4
ENGL 1010 or ENGH 1005	Introduction to Academic Writing CC or Literacies and Composition Across Contexts CC	3
Emphasis Elective		3
Credit Hours		15

Semester 2

BIOL 1010	General Biology BB	3
Physical Science Distribution		3
ENGL 2010	Intermediate Academic Writing CC	3
Language Elective		4
Credit Hours		13

Second Year

Semester 3

Fine Arts (Any)		3
BIOL 1610	College Biology I BB	4
BIOL 1615	College Biology I Laboratory	1
American Institutions Dist. (Any)		3
Language Elective		4
Credit Hours		15

Semester 4

ZOOL 2320	Human Anatomy	3
ZOOL 2325	Human Anatomy Laboratory	1
EXSC 270G	Foundations of Exercise Science GI	3
CHEM 1210	Principles of Chemistry I PP	4
CHEM 1215	Principles of Chemistry I Laboratory	1
PHIL 2050	Ethics and Values IH	3
Credit Hours		15

Third Year

Semester 5

ZOOL 2420	Human Physiology	3
ZOOL 2425	Human Physiology Laboratory	1
EXSC 3750	Psychosocial Aspects of Human Performance	2
EXSC 3270	Exercise Testing and Prescription	3
EXSC 2500	Sports Medicine	3
EXSC 3280		

Language Elective		4
	Credit Hours	16
Semester 6		
Statistics Requirement		4
EXSC 3500	Kinesiology	3
EXSC 3700	Exercise Physiology	3
EXSC 3705	Exercise Physiology Laboratory	1
Humanities		4
EXSC 4950	Senior Seminar	2
	Credit Hours	17
Fourth Year		
Semester 7		
EXSC 3730	Biomechanics	3
EXSC 3550	Motor Learning and Control WE	3
EXSC 4300	Research Methods in Exercise Science and Outdoor Recreation WE	3
Emphasis Elective		4
EXSC Elective		3
	Credit Hours	16
Semester 8		
EXSC Elective		3
EXSC Elective		4
EXSC Elective		4
EXSC Elective		3
	Credit Hours	14
	Total Credit Hours	121

Program Learning Outcomes

1. To interact and communicate effectively by presenting information in oral, written, and technology formats; collaborating with professionals and peers; expressing ideas clearly; and giving and receiving feedback.
2. To utilize knowledge, skills, and abilities to evaluate health behavior risk factors; develop, implement, and evaluate exercise and wellness programs, and employ behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors.
3. To demonstrate behavior that preserves the integrity of a profession, prevents misrepresentation, and protects the consumer.
4. To continuously improve knowledge, skills, and abilities and to uphold a professional image through actions and appearance.
5. To demonstrate critical thinking by making decisions based on multiple perspectives and evidence-based practice.