

4120 Exercise Science

Program Offered:

- **Bachelor of Science in Exercise Science**

Department of Kinesiology and Health
Sports Arena
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The B.S. major in Exercise Science prepares students for careers in adult fitness, worksite health promotion/corporate fitness, personal training, clinical exercise physiology, cardiac rehabilitation, and other related fields. Preparation is also provided in fitness management, program management, sports skills development and enhancement, strength and conditionings, and related topics. The degree program also provides an excellent academic background for graduate study or for application to physical therapy, occupational therapy, physician's assistant, medical school, sports medicine, public health, and other health science professional programs.

The B.S. Exercise Science program is accredited by the Commission of Accreditation of Allied Health Education Programs (CAAHEP).

Program Admission

Students must apply to the B.S. Exercise Science program after completion of areas A-E and the following Area F courses: KH 2220, KH 2221, KH 2230, and KH 2231. A minimum of "C" on the first attempt (WF counts as an attempt) is required in each of the following classes: KH 2220, KH 2221, KH 2230, and KH 2231. Competitive applicants will have a "B-" or better in each of these courses.

To apply for the B.S. in Exercise Science, students must submit the application available on the CEHD website at education.gsu.edu/admissions/undergraduate-admissions/. As part of the application, students will be required to upload a statement of purpose (must be no more than 1000 words in length) and include the following information: 1) educational and career objectives and how a degree in Exercise Science will aid you in achieving those goals, and 2) list of extracurricular activities, including jobs, volunteer work, student clubs/organizations, etc.

Program Financial Information

Lab fees are associated with several courses within the Exercise Science program. In addition, B.S. majors must pay all tuition and fees charged by the university and the college.

Program Degree Requirements

B.S. in Exercise Science

Areas A-E: Core Curriculum Recommendations

Students must complete 42 semester hours in Areas A-E of the Undergraduate Core Curriculum. MATH 1111 is a prerequisite for B.S. Exercise Science majors. The Department of Kinesiology and Health recommends that students take MATH 1111 in Area A2. If a student chooses MATH 1101 or lower in Area A2, they must still complete MATH 1111 prior to taking KH 3600 in Area G. The department recommends taking CHEM 1151K/1152K or PHYS 1111K/1112K

as the 2 course sequence in Area D (the 1 extra credit hour will count in Area G). MATH 1112 or MATH 1113 are prerequisites for PHYS1111K/1112K. The department recommends taking PSYC 1101 for Area E.

Semester hours are shown in parentheses after an entry.

Area F. Courses Appropriate for a Major (18)

Required (18):

- KH 2130 Introduction to Kinesiology and Health (3)
- KH 2220 Anatomy in Kinesiology and Health (3)
- KH 2221 Anatomy in Kinesiology and Health Laboratory (1)
- KH 2230 Physiology in Kinesiology and Health (3)
- KH 2231 Physiology in Kinesiology and Health Laboratory (1)
- KH 2520 Principles of Physical Activity and Fitness (3)

Choose One Course (4):

The course cannot be used in Area D.

- BIOL 1103K Introductory Biology I (4)
- BIOL 1104K Introductory Biology II (4)
- BIOL 2107K Principles of Biology I (4)
- BIOL 2108K Principles of Biology II (4)
- CHEM 1151K Survey of Chemistry I (4)
- CHEM 1152K Survey of Chemistry II (4)
- CHEM 1211K Principles of Chemistry I (4)
- CHEM 1212 Principles of Chemistry II (4)
- PHYS 1111K Introductory Physics I (4)
- PHYS 1112K Introductory Physics II (4)
- PHYS 2211K Principles of Physics I (4)
- PHYS 2212K Principles of Physics II (4)

KH 2220, KH 2221, KH 2230, and KH 2231 may be attempted only once. A WF counts as an attempt. Transfer students who transfer these course(s) into Georgia State University, may use the grades in the last attempted transferred course or they may attempt them (once) at Georgia State University.

Students can petition to use BIOL 2110K and BIOL 2120K in place of KH 2220, KH 2221, KH 2230, and KH 2231; however, a student must still receive a "C+" or higher in each course.

Area G. Major Courses (54)

A grade of "C" or higher is required in all courses in Area G.

Pre-Exercise Science students can register for the following courses as long as prerequisites are met.

- KH 3500 Athletic Training (3)
- KH 3550 Statistics and Evaluation in Exercise Science (3)
- Electives for which appropriate prerequisites have been completed

To enroll in the upper-level courses listed below, students must be declared B.S. Exercise Science students and complete with a grade of "C" or better appropriate prerequisites for the following classes:

- KH 3600 Biomechanics (3)
- KH 3650 Physiology of Exercise-CTW (4)
- KH 4280 Psychology of Physical Activity (3)
- KH 4290 Cardiopulmonary Physiology (3)
- KH 4300 Neuromuscular Physiology and Plasticity (3)
- KH 4350 Fitness Program Management-CTW (3)
- KH 4360 Clinical Exercise Physiology (4)
- KH 4600 Advanced Biomechanics for Exercise Science (3)
- KH 4630 Fitness Assessment and Exercise Prescription (4)

Electives (18):

Select six or more:

- BIOL 2240 Introduction to Human Physiology (3) and BIOL 2250 Human Physiology Laboratory (1)
- GERO 4200 Health and the Older Adult (3) (same as SNHP 4200)
- GERO 4610 Psychology of Aging (3) (same as PSYC 4610)
- KH 3020 Fitness and Physical Activity (3)
- KH 3060 Performance and Analysis in Disability Sport (3)
- KH 3360 Disability, Sport, and Physical Activity (3)
- KH 3520 Strength Training and Conditioning (4)
- KH 3610 Motor Learning and Development (3)
- KH 3630 American Sport Education Program (ASEP) Coaching Principles (3)
- KH 3635 Special Considerations for Coaching Athletes with Disabilities (3)
- KH 3680 International Experience in Sport and Exercise Science (3)
- KH 3760 Special Topics in Kinesiology and Health (3)
- KH 3820 Research Methods in Kinesiology (3)
- KH 4200 Analysis of Sport Coaching (3)

- KH 4210 Long Term Athlete Development (3)
- KH 4380 Obesity and Related Complications (3)
- KH 4390 ECG and Exercise Stress Training (3)
- KH 4400 Environmental Exercise Physiology (3)
- MATH 1111 College Algebra (3)
- PSYC 3450 Health Psychology (3)
- NUTR 3100 Nutrition and Health (3)
- NUTR 3200 Introduction to Clinical Nutrition (2)
- NUTR 3500 Nutrition and Metabolism (3)
- NUTR 4960 Nutrition and Physical Fitness (3)
- RT 3005 Clinical Cardiopulmonary Physiology (3)
- SOCI 4230 Sociology of Health and Illness (3)
- Other courses may be selected with consent of adviser.

Area H. Practicum (6 semester hours)

Students must successfully complete all courses in Area G to be authorized to enroll in Area H courses. Students should not enroll in other courses while completing Area H requirements. A grade of "S" is required in all courses in Area H. This experience is established with the assistance of the Program advisor and the Internship Coordinator.

Required (1):

- KH 4750 Practicum in Exercise Science (1)*

Select One (5):

- KH 4760 Internship in Exercise Science (5)
- KH 4800 Research Fellowship in Exercise Science (5)**

*Students are required to complete an Exit Exam. This exam is given in KH 4750 Practicum in Exercise Science and must be passed with a score/percentage of 75% in order to successfully complete KH 4750 and graduate. Students are also required to take a national certification exam from a list of department-approved certification exams and report their results in order to successfully complete KH 4750 Practicum in Exercise Science.

**Students are required to successfully complete a minimum of 5 credit hours that may extend beyond one semester but no more than three semesters.

Total Program: minimum of 120 semester hours