

EXERCISE SCIENCE (B.S.) - PROFESSIONAL TRACK

STUDENT LEARNING OUTCOMES

- Graduates will be able to assess the basic components of fitness, with an understanding of the health and physiological significance of each measurement.
- Graduates will be able to demonstrate the ability to analyze a biomechanical skill and communicate their findings with an emphasis placed upon performance and injury prevention.
- Graduates will demonstrate professionalism in an authentic situation and will perform as an entry level professional in the field.
- Graduates will be able demonstrate the ability to carry about research by designing a research study, collecting data, analyzing data with the proper statistical analysis and also by writing a research style paper.
- Graduates will show acceptable levels of fitness for professionals in the fields of health and wellness.
- Graduates will be able to review a specific disease pathology, evaluate specific limitations to exercise and create an effective exercise protocol for that population.

Recommended

- A Global Learning (GL) experience (<http://catalog.walsh.edu/undergraduate/academic-services/#globallearning>)

Required

- General Education Requirements (<http://catalog.walsh.edu/undergraduate/general-education-curriculum/>)
- Internship

Code	Title	Hours
Biology		8
BIO 209	Anatomy/Physiology I	
BIO 209L	Anatomy/Physiology I: Lab	
BIO 210	Anatomy/Physiology II	
BIO 210L	Anatomy/Physiology II: Lab	
Exercise Science		38
EXS 100	Foundations of Exerc & Sprt Sci	
EXS 101	Exercise Physiology I	
EXS 102	Exercise Physiology II	
EXS 150	First Aid and CPR	
EXS 225	Strength Training and Conditin	
EXS 264	Org/Admin of Ex Sci & Sport	
EXS 300	ExerciseTesting & Prescription	
EXS 362	Care/Prev of Athletic Injuries	
EXS 375	Research Design&Elemen.Stats	
EXS 385	Biomechanics	
EXS 484	Pathophys. of Chronic Disease	
EXS 485	SL:Exs.Manag.OfChronicDiseas.	
EXS 494	Internship	
EXS 498	Research Seminar	
Other Requirements		9
NS 207	Nutrition	

or EXS 315 Exercise and Sports Nutrition	
PSYC 201	Principles of Learning
PSYC 210	T1:DV:FD: HumanDevelAcrossLife
Electives (complete 27 credit hours from the list of electives below)	
BIO 309	Human Physiology
BUS 225	Introduction to Sports Mgmt
EXS 263	H1:TH1:DV:CIT:Persl/Com Health
EXS 330	Cardiac Rehab&Secondary Prev.
EXS 363	Adv Athletic Injury Management
EXS 364	Sports Psychology
EXS 365	TH1:H2B:SportinAmericanSociety
EXS 401	Advanced Exercise Physiology
EXS 499	Faculty Research Assistant
PE 210	Coaching Baseball
PHIL 304	H3:TH1:TH2: Bioethics
PHM 202	Health Economics
PMM 359	Intro to Project Mgmt
Total Hours	82