

EXERCISE SCIENCE (B.S.) PRE-ATHLETIC TRAINING TRACK

STUDENT LEARNING OUTCOMES

- Graduates will assess the basic components of fitness, with an understanding of the health and physiological significance of each measurement.
- Graduates will apply effective exercise training methods to induce physiological and structural adaptations safely.
- Graduates will perform as an entry level professional in an authentic situation in the field.
- Graduates will demonstrate the ability to interpret, implement, and present research findings.
- Graduates will demonstrate the ability to identify and implement lifestyle interventions to reduce chronic disease risk and improve quality of life throughout aging.

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		14
BIO 101	FD: T1:Principles of Biology I	3
BIO 101L	Principles of Biology I: Lab	1
BIO 200	Medical Terminology	2
BIO 209	Anatomy/Physiology I	3
BIO 209L	Anatomy/Physiology I: Lab	1
BIO 210	Anatomy/Physiology II	3
BIO 210L	Anatomy/Physiology II: Lab	1
Chemistry		4
CHEM 101	FD:T1:Princ of Chemistry I	3
CHEM 101L	Principles of Chemistry I: Lab	1
Exercise Science		38
EXS 100	Foundations of Exerc & Sprt Sci	3
EXS 101	FD: Exercise Physiology I	3
EXS 102	FD: Exercise Physiology II	3
EXS 150	First Aid and CPR	2
EXS 225	Strength Training and Conditin	3
EXS 300	ExerciseTesting & Prescription	3
EXS 362	Care/Prev of Athletic Injuries	3
EXS 363	Adv Athletic Injury Management	3
EXS 375	Research Design&Elemen.Stats	3
EXS 385	Biomechanics	3
EXS 484	Pathophys. of Chronic Disease	3
EXS 485	SL:Exs.Manag.OfChronicDiseas.	2

EXS 494	Internship	3
EXS 498	Research Seminar	1
Other Requirements		19
EXS 315	Exercise and Sports Nutrition	3
or NS 207	Nutrition	
MATH 155	Elementary Functions I	3
MATH 156	Elementary Functions II	3
MATH 221	Statistics	3
PHYS 101	Principles of Physics I	3
PHYS 101L	Principles of Physics I: Lab	1
PSYC 120	T1:FD: Principles of Psych	3
Electives (choose 2 from the following)		6
BIO 309	Human Physiology	4
EXS 263	H1:TH1:Persl/Com Health	3
EXS 264	Org/Admin of Ex Sci & Sport	3
EXS 330	Cardiac Rehab&Secondary Prev.	3
EXS 364	Sports Psychology	3
EXS 365	TH1:H2B:SportinAmericanSociety	3
EXS 401	Advanced Exercise Physiology	3
EXS 499	Faculty Research Assistant	2
PHIL 304	H3:TH1:TH2: Bioethics	3
Total Hours		81