

# EXERCISE SCIENCE (B.S.) PRE-ATHLETIC TRAINING 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
<b>Biology</b>		<b>14</b>
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
<b>Chemistry</b>		<b>4</b>
CHEM 101	FD:T1:Princ of Chemistry I	3
CHEM 101L	Principles of Chemistry I: Lab	1
<b>Exercise Science</b>		<b>38</b>
EXS 100	Foundations of Exerc & Sprt Sci	3
EXS 101	Exercise Physiology I	3
EXS 102	Exercise Physiology II	3
EXS 150	First Aid and CPR	2
EXS 225	Strength Training and Conditin	3
EXS 300	Exercise Testing & 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
<b>Other Requirements</b>		<b>19</b>
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
<b>Electives (choose 2 from the following)</b>		<b>6</b>
BIO 309	Human Physiology	4
EXS 263	H1:TH1:DV:CIT: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
<b>Total Hours</b>		<b>81</b>