

# EXERCISE SCIENCE (BA) - COACHING SPECIALIZATION

Transfer students must complete at least 40% of their major course work at Benedictine College to receive a B.A. in Exercise Science, and at least 40% of their minor course work at Benedictine College to receive an Exercise Science minor.

A maximum of one hour of fitness credit may be acquired through varsity sport participation. This applies both to majors and to non-majors.

## Program Mission

The mission of the Exercise Science program is to provide a quality education in a community of faith and scholarship. We are committed to the preparation and development of skills necessary to successfully engage in a career in exercise science or to pursue a post-graduate education.

## Program Outcomes

1. Graduates will be able to assess the physical fitness of an individual.
2. Graduates will be able to identify the muscles used in a selected activity and the roles those muscles play in the activity.
3. Graduates will articulate the benefits of physical fitness.
4. Graduates will be able to identify and interact with contemporary exercise science professions, including the ability to interact with people of diverse backgrounds and experiences as colleagues, clients, and students.

## Program Requirements

Code	Title	Hours
<b>Major Core Curriculum</b>		
EXSC-1150	Foundations of Human Movement	2
EXSC-2209	Personal & Community Health	2
EXSC-2210	First Aid & Personal Safety	2
EXSC-2263	Care & Prevention of Athletic Injuries	3
EXSC-3357	Tests & Measure Health & Exsc Science	3
EXSC-3366	Physiology of Exercise	3
EXSC-3380	Kinesiology & Biomechanical Analysis	3
EXSC-4402	Organiz & Admin Exer Sci & Sport	2
or ATHC-4406	Administration of Athletic Health Care	
EXSC-COMP	Senior Comprehensive Exam	0
	One swimming course or swim proficiency test	1
	Select one dance course of the following:	1
EXSC-1101	Aerobics-FITNESS	
EXSC-1123	Country & Social Dancing	
EXSC-1126	Zumba (FITNESS)	
EXSC-1111	Varsity Sport Activity (Dance Team only)	
<b>Coaching Specialization</b>		
EXSC-2220	Techniques of Team Sport	2
EXSC-2222	Techniques of Individual Sport	2
EXSC-2240	Structural Human Anatomy	3-8
or BIOL-2242	Human Anatomy & Physiology I	
& BIOL-2243	and Human Anatomy & Physiology II	
	Select one of the following options:	2-5

<b>Option 1</b>		
EXSC-3303	Basic Nutrition	
	or EXSC-3340	Sports Nutrition
<b>Option 2</b>		
EXSC-3303	Basic Nutrition	
& EXSC-3340	and Sports Nutrition	
EXSC-3350	Psychology of Sport & Methods Coaching	2
	Two Theory of Coaching courses	6
<b>Total Hours</b>		<b>39-47</b>