

# EXERCISE SCIENCE (BA) - COACHING SPECIALIZATION

## 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
Option 1		
EXSC-3303	Basic Nutrition	
or EXSC-3340	Sports Nutrition	
Option 2		
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>