

# EXERCISE SCIENCE (BA) - GENERAL HEALTH CARE SPECIALIZATION

The General Health Care specialization consists of courses from the Exercise Science and Athletic Health Care majors. These required courses provide a foundation of knowledge needed to prepare the student for a career in a wide variety of allied health areas. The life science, psychology, and sociology electives will allow the student to choose courses tailored toward their career goals. An Exercise Science internship is required as a culminating educational experience and allows the student to learn firsthand in an authentic setting.

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>Requirements</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-3303	Basic Nutrition	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	
ATHC-2325	Medical Terminology & Conditions	2
ATHC-4407	Pharmacology in Athletic Health Care	2
EXSC-4790	Exercise Science Internship	1-4

EXSC-COMP	Senior Comprehensive Exam	0
<b>Life Science Required Courses</b>		
BIOL-2242	Human Anatomy & Physiology I (plus lab)	4
BIOL-2243	Human Anatomy & Physiology II (plus lab (NW))	4
<b>Life Science Electives</b>		
Select one of the following options:		4
Option 1		
BIOL-1107	Principles of Biology (plus lab)	
Option 2 <sup>1</sup>		
BIOL-1121 & BIOL-1122	General Biology I and General Biology II	
Select one of the following options:		4
Option 1		
CHEM-1010 & CHEM-1011	Chemistry of the Biosphere and Chemistry of the Biosphere Lab (plus labs)	
Option 2 <sup>2</sup>		
CHEM-1200 & CHEM-1201	General Chemistry I Lecture and General Chemistry I Lab	
CHEM-1210 & CHEM-1211	General Chemistry II Lecture and General Chemistry II Lab	
<b>Psychology Electives</b>		
PSYC-1000	General Psychology (PC)	3
One Psychology Elective		3
<b>Sociology Electives</b>		
SOCI-1000	Introduction to Sociology (PC)	3
One Sociology Elective		3
Select one of the following:		3
PHIL-3250	Ethics (PI, WP)	
THEO-3940	Christian Bioethics (F) <sup>3</sup>	
<b>Total Hours</b>		<b>59-62</b>

<sup>1</sup> BIOL-1121 General Biology I/BIOL-1122 General Biology II could fit into the schedule below if needed for graduate school prerequisites. BIOL-1121 General Biology I = 5 credits; BIOL-1122 General Biology II = 4 credits

<sup>2</sup> CHEM-1200 General Chemistry I Lecture/CHEM-1201 General Chemistry I Lab, CHEM-1210 General Chemistry II Lecture/CHEM-1211 General Chemistry II Lab could fit into the schedule below if needed for graduate school prerequisites. CHEM-1200 General Chemistry I Lecture/CHEM-1201 General Chemistry I Lab = 4 credits; CHEM-1210 General Chemistry II Lecture/CHEM-1211 General Chemistry II Lab = 4 credits

<sup>3</sup> THEO-3940 Christian Bioethics with the possibility of another section offered.

## Suggested Sequence of Courses for a Bachelor of Arts Degree in Exercise Science with General Health Care Specialization

Course	Title	Hours
<b>Freshman Year</b>		
<b>First Semester</b>		
EXSC-1150	Foundations of Human Movement	2

EXSC-2263	Care & Prevention of Athletic Injuries	3
BIOL-1107	Principles of Biology <sup>1</sup>	4
ENGL-1010	English Composition	3
PSYC-1000	General Psychology	3

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**Hours** **15**

**Second Semester**

EXSC-2209	Personal & Community Health	2
EXSC Fitness Activity		1
EXSC-2210	First Aid & Personal Safety	2
Aesthetic Foundation		3
Historical Foundation		3
EXSC-1115	Wellness for Life	1
Electives		4

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**Hours** **16**

**Sophomore Year****First Semester**

Complete the following sequence: <sup>2</sup> 4

CHEM-1010 & CHEM-1011	Chemistry of the Biosphere and Chemistry of the Biosphere Lab	
BIOL-2242	Human Anatomy & Physiology I	4
EXSC-3303	Basic Nutrition	3
THEO-1100	Introduction to Theology	3
PHIL-2100	Principles of Nature	3

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**Hours** **17**

**Second Semester**

BIOL-2243	Human Anatomy & Physiology II	4
SOCI-1000	Introduction to Sociology	3
Faith Foundation		3
ATHC-2325	Medical Terminology & Conditions	2
Electives		6

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**Hours** **18**

**Junior Year****First Semester**

EXSC-3357	Tests & Measure Health & Exsc Science	3
Foreign Language		4
Mathematical Reasoning		3
EXSC-3380	Kinesiology & Biomechanical Analysis	3
Ethics or Christian Bioethics		3

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**Hours** **16**

**Second Semester**

EXSC-3366	Physiology of Exercise	3
Foreign Language		4
Philosophical Inquiry		3
Oral Communication		3
EXSC-3303	Basic Nutrition	3

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**Hours** **16**

**Senior Year****First Semester**

ATHC-4407	Pharmacology in Athletic Health Care	2
Historical Foundation		3
Faith Foundation		3
Aesthetic Foundation		3

Electives		6
EXSC-COMP	Senior Comprehensive Exam	0

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**Hours** **17**

**Second Semester**

EXSC-4402	Organiz & Admin Exer Sci & Sport or ATHC-4406	2
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HWES Internship 1-4

SOCI Elective 3

PSYC Elective 3

Electives 6

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**Hours** **15-18**

**Total Hours** **130-133**

<sup>1</sup> BIOL-1121 General Biology I(5)/BIOL-1122 General Biology II (4) Could be taken in place of electives if needed for graduate school prerequisites.

<sup>2</sup> CHEM-1200 General Chemistry I Lecture/CHEM-1201 General Chemistry I Lab (4), CHEM-1210 General Chemistry II Lecture/CHEM-1211 General Chemistry II Lab (4) Could be taken in place of electives if needed for graduate school prerequisites.