

EXERCISE SCIENCE (BA)

Prospective elementary and secondary teachers of health and physical education must be accepted into the School of Education as a major and student teach at both levels for state certification. Education courses offered through the School of Education for teacher certification are required. Consultation may be secured through the School of Education.

A student may receive a B.A. in Exercise Science without teacher certification.

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

Exercise Science Major Core Curriculum

Code	Title	Hours
Core Curriculum		
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)	

Areas of Specialization

Select one area of specialization:

Teaching Physical Education and Health

Coaching

Sports Management

General Health Care

Suggested Sequence of Courses for a Bachelor of Arts Degree in Exercise Science

Course	Title	Hours
Freshman Year		
First Semester		
GNST-1000	BC Experience	1
EXSC-1115	Wellness for Life	1
EXSC-1150	Foundations of Human Movement	2
BIOL-1107	Principles of Biology	4
ENGL-1010	English Composition	3
	Foreign Language	4
	Electives	1
Hours		16

Second Semester		
EXSC-2209	Personal & Community Health	2
	EXSC Fitness Course	1
EXSC-2210	First Aid & Personal Safety	2
	Historical Foundation	3
	Foreign Language	4
	Aesthetic Foundation	3
	Swimming Course	1
Hours		16

Sophomore Year		
First Semester		
EXSC-2263	Care & Prevention of Athletic Injuries	3
BIOL-2242	Human Anatomy & Physiology I ¹	4
	HWES Concentration	2
PHIL-1750	Principles of Nature	3
	Aesthetic Foundation	3
	Electives	1
Hours		16

Second Semester		
BIOL-2243	Human Anatomy & Physiology II	4
	EXSC Concentration	3
THEO-1100	Introduction to Theology	3
	Historical Foundation	3
	Mathematical Reasoning	3
Hours		16

Junior Year		
First Semester		
EXSC-3357	Tests & Measure Health & Exsc Science	3
	EXSC Concentration	3
	Historical Foundation	3

Faith Foundation		3
Natural World Foundation		4
Hours		16
Second Semester		
EXSC-3366	Physiology of Exercise	3
EXSC Concentration		5
Philosophical Inquiry Foundation		3
Person and Community Foundation		3
Electives		2
Hours		16
Senior Year		
First Semester		
EXSC-3380	Kinesiology & Biomechanical Analysis	3
EXSC Concentration		5
Electives		4
Philosophical Inquiry		3
Dance Course		1
Hours		16
Second Semester		
EXSC-4402	Organiz & Admin Exer Sci & Sport	2
EXSC Concentration		3
Faith Foundation		3
Electives		8
EXSC-COMP	Senior Comprehensive Exam	0
Hours		16
Total Hours		128

¹ EXSC-2240 Structural Human Anatomy may be taken instead of BIOL-2242 Human Anatomy & Physiology I/BIOL-2243 Human Anatomy & Physiology II for Strength & Conditioning, Coaching, and Sports Management. If this is done, an additional 4-credit Natural World would be necessary.