



## EXERCISE SCIENCE

COLLEGE OF HEALTH AND HUMAN SERVICES  
WESTERN KENTUCKY UNIVERSITY

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### Department of Kinesiology, Recreation and Sport

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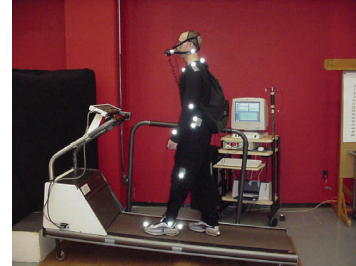
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### Degree Offering: B.S. – Exercise Science

#### Program Description:

The primary mission of the Exercise Science program is to offer high quality programs leading to baccalaureate and master's degrees. WKU's Department of Kinesiology, Recreation and Sport has developed rigorous professional education programs of study. The Exercise Science Program provides students with classroom and laboratory experiences concentrating on the science of human performance. Practicum and internship opportunities permit students to gain experience and develop skills in various applied settings such as physical therapy, cardiac rehabilitation, fitness clubs, and university research. Exercise Science also offers excellent participation for students who wish to pursue graduate level education in this dynamic field.

#### Career Opportunities:

Obtaining a degree in exercise science will afford students a diverse selection of career paths. As it is a field concerned with human movement, adaptation, and performance, most jobs will involve interaction with groups of people. Some career examples include aerobics/group exercise instructor, biomechanist, cardiopulmonary rehabilitation specialist, sports nutritionist, corporate/employee fitness director, exercise physiologist, personal trainer, physical therapist, strength and conditioning coach, and teacher/researcher, among many others. Starting salary varies greatly and depends primarily on level of education, experience, geographic location, and market demand.

**Bachelor of Science in Exercise Science:** The exercise science program consists of 120 hours, 55 of which are from required courses in the major and 46 of which are from the University's general education requirement. Areas of study include human nutrition, lifetime fitness, biomechanics, exercise physiology, basic athletic training and fitness programming. Practicum and internship experiences are also requirements for this degree.

#### Student Organizations

We encourage all exercise science students to become members of the American College of Sports Medicine (ACSM) and to attend their regional and national conferences. These meetings expose the students to the latest research and most timely topics in the field of exercise science. Additionally, within the department an exercise science majors club has been formed.

#### College of Health and Human Services Resources

The CHHS Academic Center of Excellence offers personal student advising, professional publications, academic enrichment activities, tutoring for CHHS courses, assistance with degree program completion and career exploration/planning, and a state-of-the-art computer lab with latest software for CHHS majors.

## Exercise Science

Department of Kinesiology, Recreation and Sport

College of Health and Human Services

2009-2010

Fall			First Year			Spring		
PE	122	3	Found. Of Physical Education	EXS	223	3	Health Related Fitness-Exercise Science	
ENG	100	3	Intro to College Writing	BIOL	131	4	Human Anatomy & Physiology	
COMM		3	145 OR 161 Public Speaking	ENG	200	3	Intro To Literature (or other Lit Course)	
CFS	111	3	Human Nutrition	HIST		3	119 OR 120 Western Civilization	
PSY	100	3	Intro to Psychology			3	General Education/Elective (Foreign Lang)	
SFTY	171	1	Safety & First Aid					
Credit	Hours	16		Credit	Hours	16		

Fall			Second Year			Spring		
EXS	296	3	Practicum in Exercise Science	EXS	313	3	Motor Learning & Control	
MATH	116	3	Fund. of College Algebra	EXS	324	3	Measurement & Evaluation	
CHEM	109	4	Chemistry for the Health Sciences			3	General Education/Elective	
		3	SOCL 100 OR GERO 100			3	General Education/Elective	
		3	General Education/Elective			3	General Education/Elective	
Credit	Hours	16		Credit	Hours	15		

Fall			Third Year			Spring		
EXS	311	3	Exercise Physiology	EXS	325	3	Applied Exercise Physiology	
		3	Exercise Science Elective	EXS	420	4	Clinical Exercise Physiology	
		3	Exercise Science Elective	EXS	436	3	Princ. Of Strength & Conditioning	
ENG	300	3	Writing in the Disciplines	PE	312	3	Athletic Training	
		3	General Education/Elective					
Credit	Hours	15		Credit	Hours	13		

Fall			Fourth Year			Spring		
EXS	412	4	Fitness Programming	EXS	496	6	Internship	
EXS	446	4	Biomechanics			3	General Education/Elective	
		3	General Education/Elective			3	General Education/Elective	
		3	General Education/Elective			3	General Education/Elective	
Credit	Hours	14		Credit	Hours	15		

Total Credit Hours = 120

Student must maintain a "C" or better in each course in the major

**EXS Electives Include:** EXS 425, 455, 485; PH 383, 402; PHIL 322, PE 456; SOCL 324; PSY 340; CFS 364, 368