EXERCISE SCIENCE

Exercise Science is a broad field of study that encompasses numerous possible career pathways, almost all of which are strongly oriented toward serving others. The curriculum for Exercise Science majors is therefore designed to both prepare graduates for a specific career and/or graduate study, as well as to remain true to the Brevard College mission and its motto, "Learn in Order to Serve." A student majoring in Exercise Science may choose to pursue a B.S. or a B.A. The B.S. and B.A. degrees in Exercise Science prepare students for a wide variety of career choices including graduate schools. The B.A. in Exercise Science may also prepare the student for teacher licensure in Physical Education grades
K-12. See Teacher Education Licensure Program for full details of required courses.

B.S. IN EXERCISE SCIENCE

REQUIRED MAJOR COURSES		**38-41 Semester Hours**
MAT 141	Probability and Statistics	3-4
or MAT 211	Analytical Geometry and Calculus I	
BIO 120	General Biology: Cellular and Molecular Biology	4
BIO 210	Human Anatomy and Physiology I	4
BIO 220	Human Anatomy and Physiology II	4
EXSC 110	Introduction to Exercise Science	3
EXSC 213	Principles of Nutrition	3
EXSC 310	Exercise Physiology	4
EXSC 311	Fitness Appraisal	3
EXSC 320	Biomechanics in Exercise and Sport	3
HLT 202*	First Aid and CPR	2
or WLEE 201	Lifeguarding	

Choose Option 1 or 2 5-7 Semester Hours

Option 1		
EXSC 410	Preparation for Senior Internship	1
EXSC 415	Senior Internship	6
Option 2		
SCI 391	Research Methods in Science	
	or Another approved research course	1-3
SCI 494	Senior Project I	2
SCI 495	Senior Project II	2

**Note: Requirements waived with documentation of current certifications in first aid and adult CPR.*

Restricted Electives (15 hours)

15 Semester Hours

(at least 12 hours must be laboratory courses)

CHE 103	Principles of Chemistry I	4
CHE 104	Principles of Chemistry II	4
CHE 201	Organic Chemistry I	4
CHE 202	Organic Chemistry II	4
CHE 301	Biochemistry	4
EXSC 290/390/490	Approved Special Topics	3
PHYS 103	General Physics I	4
PHYS 104	General Physics II	4

TOTAL HOURS REQUIRED MINIMUM 53-56 SEMESTER HOURS

B.A. IN EXERCISE SCIENCE

REQUIRED MAJOR COURSES		**30 Semester Hours**
BIO 105	Concepts in Biology or General Biology	4
or BIO 120	Cellular and Molecular Biology	
EXSC 110	Introduction to Exercise Science	3
EXSC 210	Foundations of Anatomy and Physiology	4
EXSC 212	Sports Nutrition and Wellness Issues	3
EXSC 301	Applied Sport Physiology	4
EXSC 302	Kinesiology in Sport	3
HLT 202*	First Aid and CPR	2
or WLEE 201	Lifeguarding	
EXSC 410**	Preparation for Senior Internship	1
EXSC 415**	Senior Internship	6

**Note: Requirement waived with documentation of current certifications in first aid and adult CPR; curse credit not awarded*
**Students pursuing teacher licensure in Physical Education must complete EDU 410 in lieu of EXSC 410 and EXSC 415 (see other requirements in Teacher Education Licensure Program on page 98 of this catalog)

RESTRICTED ELECTIVES (NON- TEACHER LICENSURE) 20 Semester Hours

Choose 20 hours with a maximum of 5 hours semester hours from EXSC 202-205, PE and WLEE courses and a maximum of 3 semester hours of academic internship:

BIO 220	Human Anatomy and Physiology II	4
EXSC 240	Intro to Theories & Techniques of Coaching	3
EXSC 280	Adapted Physical Education	3
EXSC 269, 369	Academic Internship	1-3
EXSC 290, 390, 490	Special Topics	1-3
EXSC 311	Fitness Appraisal	3
EXSC 340	Teaching/Coaching Methods	3
HLT 201	Health	2
HLT 341	Health Education Methods and Applications	3
ORG 150	Prin. of Sport, Event, and Tourism Management	3
ORG 250	Facility and Event Management	3
PSY 230	Lifespan Development	3
PSY 355	Sports Psychology	3
WLEE 260	Facilitation of Group Games and Initiatives	2
EXSC 202-205	Methods & Teaching Analysis	1 each
PE 101-191	Physical Education Activity Courses	1 each
WLEE 151-159	Wilderness Leadership Activity Courses	1 each
any courses in the restricted electives in the B.S. EXSC major		var

RESTRICTED ELECTIVES (TEACHER LICENSURE*) 19 Semester Hours

*Students pursing teacher licensure in Physical Education must complete these courses as their restricted electives (see other requirements in Teacher Education Licensure Program on page 98 of this catalog)

EXSC 240	Introduction to Theories & Techniques of Coaching	3
EXSC 280	Adapted Physical Education	3
EXSC 340	Teaching/Coaching Methods	3
HLT 201	Health	2
HLT 341	Health Education Methods and Applications	3

And Choose 5 semester hours (3 hours must be from EXSC 202-205):

EXSC 202-205	Methods & Teaching Analysis	1 each
PE101-191	Physical Education Activity Courses	1 each
WLEE 151-159	Wilderness Leadership Activity Courses	1 each

TOTAL HOURS REQUIRED **MINIMUM 49-50 SEMESTER HOURS**