Exercise Science

Faculty: Assistant Professors Thomas Roberge and Amanda Tepfer, Dept Chair; Lecturer Kylie Blodgett

Information

Goals:

- The goals of the Exercise Science major are to provide undergraduate students with the following:
  - A fundamental background in human physiology
  - An understanding of how exercise can impact the human body in a positive manner
  - A solid foundation in the natural sciences
  - To produce highly trained individuals to educate others on how to exercise appropriately without causing undue harm

Outcomes:

- Exercise Science students will acquire scientific literacy related to the biological and exercise sciences. This will be demonstrated through written and oral expression.
- Exercise Science students will conduct laboratory research to allow students to learn hands-on experimental methodology, approach, design, and statistical analysis.
- The Exercise Science major will give students the knowledge, skills and abilities to become gainfully employed upon graduation or secure a position at a graduate school in a related field.

Careers for this Major:

- Cardiopulmonary Rehabilitation Specialist; Exercise Technologist in cardiology suites
- Personal Trainer/Exercise leader
- Strength and Conditioning Coach for College, University and professional sports programs
- Laboratory Researcher in exercise science
- Sports Nutritionist
- Corporate Fitness Program Director
- Sports and Wellness Program Instructor and Director
- Health Promotion Specialist

Major

B.S. in Exercise Science Curriculum Map 2018-2019 Catalog

Print PDF Curriculum Map (http://catalog.norwich.edu/residentialprogramscatalog/collegeofscienceandmathematics/exercisesci/exercisesci_1532374820312.pdf)

Course	Cr.	Comp.	Course	Cr.	Comp.
FRESHMAN					
Fall			**Spring**		
BI 101 Principles of Biology I (General Education Lab Science)	4		CH 101 Introduction to General Chemistry (General Education Lab Science)	4	
EN 101 Composition and Literature I	3		EN 102 Composition and Literature II	3	
General Education History (http://catalog.norwich.edu/archives/2018-19/residentialprogramscatalog/generaleducationgoals)	3		MA 232 Elementary Statistics (General Education Math)	3	
MA 107 Precalculus Mathematics (General Education Math)	4		PE 107 Foundations of Physical Education [c]	3	
PE 163 Scientific Foundations of Health and Wellness	3		PE 265 Lifelong Motor Development [c]	3	
Fall Semester Total Cr.:	17		Spring Semester Total Cr.:	16	
SOPHOMORE					
Fall			**Spring**		
BI 215 Human Anatomy & Physiology I	4		BI 216 Human Anatomy & Physiology II	4	
CH 102 Introduction to Organic and Biochemistry	4		BI 253 Foods and Nutrition	4	
PE 261 Foundations in Health Education [c]	4		General Education Literature (http://catalog.norwich.edu/archives/2018-19/residentialprogramscatalog/generaleducationgoals)	3	
PE 271 Outdoor Physical Education I	3		PE 272 Outdoor Physical Education II	3	
			PY 211 Introduction to Psychology (General Education Social Science)	3	

Fall Semester Total Cr.:	15		Spring Semester Total Cr.:	17	
JUNIOR					
Fall			**Spring**		
General Education Leadership (http://catalog.norwich.edu/archives/2018-19/residentialprogramscatalog/generaleducationgoals)	1-3		BI 364 Pathophysiology in Sports Medicine [c]	4	
PE 355 Coaching:Leadership in Sports [c]	3		General Education Arts & Humanities (http://catalog.norwich.edu/archives/2018-19/residentialprogramscatalog/generaleducationgoals)	3	
PE 365 Kinesiology [c]	4		PE 371 Physiology of Exercise [c]	4	
PE 333 Management Sports Facilities [c]	3		PE 432 Organization and Administration in Physical Education [c]	3	
PS 201 General Physics I	4		Free Elective	3	
Fall Semester Total Cr.:	15-17		Spring Semester Total Cr.:	17	
SENIOR					
Fall			**Spring**		
BI 401 Senior Seminar (Capstone) [C]	3		PE 426 Internship (OR Free Elective)	12	
BI 440 Reading and Research (OR Free Elective)	3-4				
PE 441 Advanced Exercise Physiology and Prescription [C]	4				
PE 450 Exercise Testing and Electrocardiography [C]	4				
Fall Semester Total Cr.:	14-15		Spring Semester Total Cr.:	12	
TOTAL CREDITS FOR THIS MAJOR: 123-126					

c Grade of C or higher required.

- All sciences must be taken as lab sciences (4 credit courses)
- Certification in First Aid & CPR is also required for graduation