

## 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](http://catalog.norwich.edu/residentialprogramscatalog/collegeofscienceandmathematics/exercisesci/exercisesci_1532374820312.pdf))

Course	Cr.Comp	Course	Cr.Comp.
<b>FRESHMAN</b>			
<b>Fall</b>		<b>Spring</b>	
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 ( <a href="http://catalog.norwich.edu/residentialprogramscatalog/generaleducationgoals">http://catalog.norwich.edu/residentialprogramscatalog/generaleducationgoals</a> )	3	MA 232 Elementary Statistics (General Education Math)	3
MA 107 Precalculus Mathematics (General Education Math)	4	PE 107 Foundations of Physical Education <sup>c</sup>	3
PE 163 Scientific Foundations of Health and Wellness	3	PE 265 Lifelong Motor Development <sup>c</sup>	3
Fall Semester Total Cr.:	17	Spring Semester Total Cr.:	16
<b>SOPHOMORE</b>			
<b>Fall</b>		<b>Spring</b>	
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 <sup>c</sup>	4	General Education Literature ( <a href="http://catalog.norwich.edu/residentialprogramscatalog/generaleducationgoals">http://catalog.norwich.edu/residentialprogramscatalog/generaleducationgoals</a> )	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

		<b>JUNIOR</b>		
<b>Fall</b>		<b>Spring</b>		
Fall Semester Total Cr.:	15	Spring Semester Total Cr.:	17	
General Education Leadership ( <a href="http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals">http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals</a> )		1-3	BI 364 Pathophysiology in Sports Medicine <sup>c</sup>	4
PE 355 Coaching:Leadership in Sports <sup>c</sup>	3	General Education Arts & Humanities ( <a href="http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals">http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals</a> )		3
PE 365 Kinesiology <sup>c</sup>	4	PE 371 Physiology of Exercise <sup>c</sup>		4
PE 333 Management Sports Facilities <sup>c</sup>	3	PE 432 Organization and Administration in Physical Education <sup>c</sup>		3
PS 201 General Physics I	4	Free Elective		3
Fall Semester Total Cr.:	15-17	Spring Semester Total Cr.:		17
		<b>SENIOR</b>		
<b>Fall</b>		<b>Spring</b>		
BI 401 Senior Seminar (Capstone) <sup>c</sup>	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 <sup>c</sup>	4			
PE 450 Exercise Testing and Electrocardiography <sup>c</sup>	4			
Fall Semester Total Cr.:	14-15	Spring Semester Total Cr.:		12
<b>TOTAL CREDITS FOR THIS MAJOR: 123-126</b>				

<sup>c</sup> 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