

Exercise Science Curriculum Overview

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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 2019-2020 Catalog

Print as PDF Curriculum Map (<http://catalog.norwich.edu/residentialprogramscatalog/collegeofofscienceandmathematics/exercisesoci/Exercise.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/2019-20/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/2019-20/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/2019-20/residentialprogramscatalog/generaleducationgoals)	1-3	BI 364 Pathophysiology in Sports Medicine ^c	4
PE 355 Coaching:Leadership in Sports (General Education Ethics) ^c	3	General Education Arts & Humanities (http://catalog.norwich.edu/archives/2019-20/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