

## Exercise Science

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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

#### Exercise Science (B.S.) Curriculum Map 2020-2021 Catalog

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/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/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	HE 200 Foods and Nutrition	4
PE 261 Foundations in Health Education <sup>c</sup>	4	PE 272 Outdoor Physical Education II	3
PE 271 Outdoor Physical Education I	3	PY 211 Introduction to Psychology (General Education Social Science)	3
		General Education Literature ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/</a> )	3
Fall Semester Total Cr.:	15	Spring Semester Total Cr.:	17
<b>JUNIOR</b>			
<b>Fall</b>		<b>Spring</b>	
General Education Leadership ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/</a> )	1-3	HE 310 Pathophysiology in Sports Medicine	4
PE 355 Coaching: Leadership in Sports (General Education Ethics) <sup>c</sup>	3	PE 371 Physiology of Exercise <sup>c</sup>	4
PE 365 Kinesiology <sup>c</sup>	4	PE 432 Organization and Administration in Physical Education <sup>c</sup>	3

PE 333 Management Sports Facilities <sup>c</sup>	3	General Education Arts & Humanities ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/</a> )	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)	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.:	15	Spring Semester Total Cr.:	12
TOTAL CREDITS FOR THIS MAJOR: 124-126			

<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