

Exercise Science

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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 impacts the human body
 - 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.
- Upon completion of the Exercise Science-Fitness Professional/Strength & Conditioning concentration, students will be eligible candidates for the American College of Sports Medicine's national certification examination (i.e. Certified Exercise Physiologist) and

the National Strength and Conditioning Association's national certification examination (i.e. Certified Strength and Conditioning Specialist).

- The Exercise Science Pre-Physical Therapy concentration contains the necessary prerequisites for entrance into most Doctorate of Physical Therapy graduate programs.

Careers for this Major:

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

Exercise Science Pre-Physical Therapy Concentration

Exercise Science (B.S.) Pre-Physical Therapy Concentration Curriculum Map 2021-2022 Catalog

Course	Cr. Comp.	Course	Cr. Comp.
FRESHMAN			
Fall		Spring	
BI 101 Principles of Biology I (General Education Lab Science) *	4	EN 111 Writing and Inquiry in Academic Contexts	3
EN 110 Writing and Inquiry in Public Contexts	3	MA 232 Elementary Statistics (General Education Math)	3
HHPR 138 Introduction to Health Professions ^c	3	HHPR 101 Scientific Foundations of Health and Wellness ^c	3
MA 107 Precalculus Mathematics (General Education Math)	4	General Education History (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	3
PY 211 Introduction to Psychology (General Education Social Science)	3	Free Elective	3
Fall Semester Total Cr.:	17	Spring Semester Total Cr.:	15
SOPHOMORE			
Fall		Spring	
BI 215 Human Anatomy & Physiology I ^{c*}	4	BI 216 Human Anatomy & Physiology II ^{c*}	4
CH 103 General Chemistry I (General Education Lab Science) *	4	CH 104 General Chemistry II *	4
HHPR 205 Exercise and Sport Psychology	3	HHPR 202 Applications in Exercise Science	3
HHPR 139 Health Science Research Methods	3	HHPR 301 Physiology of Exercise ^c	4
HHPR 265 Lifelong Motor Development	3		
Fall Semester Total Cr.:	17	Spring Semester Total Cr.:	15
JUNIOR			
Fall		Spring	
HHPR 302 Advanced Physiology of Exercise	2	HHPR 136 Emergency Care of Injury and I	3
HHPR 365 Kinesiology ^c	4	PS 202 General Physics II *	4
PS 201 General Physics I *	4	General Education Arts & Humanities (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	3

Psychology (PY) Course Elective	3	Biology (BI) Course Elective	4
General Education Leadership (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	1-3	General Education Literature (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	3
Fall Semester Total Cr.:	14-16	Spring Semester Total Cr.:	17
SENIOR			
Fall		Spring	
BI 401 Senior Seminar (Capstone) ^c	3	HHPR 200 Foods and Nutrition	4
HHPR 404 Applications in Exercise Testing and Prescription ^c	4	HHPR 408 Applications in Clinical Exercise Physiology	4
HHPR 412 Advanced Exercise Psychology	3	HHPR 426 Internship or BI 440 Reading and Research	3
General Education Ethics (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	3	Free Elective	3
Fall Semester Total Cr.:	13	Spring Semester Total Cr.:	14
TOTAL CREDITS FOR THIS MAJOR: 122-124			

^c Grade of C or higher required.

* All sciences must be taken as lab sciences (4 credit courses)

Exercise Science Strength and Conditioning/ Fitness Professional Concentration

Exercise Science (B.S.) Strength and Conditioning / Fitness Professional Concentration Catalog 2021-2022

Freshman			
Fall	Cr.	Spring	Cr.
BI 101 Principles of Biology I [*]	4	EN 111 Writing and Inquiry in Academic Contexts	3
EN 110 Writing and Inquiry in Public Contexts	3	MA 232 Elementary Statistics	3
HHPR 101 Scientific Foundations of Health and Wellness ^c	3	HHPR 138 Introduction to Health Professions	3
MA 107 Precalculus Mathematics	4	General Education History (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	3
PY 211 Introduction to Psychology	3	Free Elective	3
Semester Total Credits	17	Semester Total Credits	15
Sophomore			
Fall	Cr.	Spring	Cr.
BI 215 Human Anatomy & Physiology I ^{c*}	4	BI 216 Human Anatomy & Physiology II ^{c*}	4
CH 103 General Chemistry I [*]	4	HHPR 202 Applications in Exercise Science	3
HHPR 205 Exercise and Sport Psychology	3	HHPR 301 Physiology of Exercise ^c	4
HHPR 139 Health Science Research Methods	3	HHPR 200 Foods and Nutrition	4
HHPR 265 Lifelong Motor Development	3		
Semester Total Credits	17	Semester Total Credits	15
Junior			
Fall	Cr.	Spring	Cr.
HHPR 302 Advanced Physiology of Exercise	2	HHPR 136 Emergency Care of Injury and I	3
HHPR 365 Kinesiology ^c	4	HHPR 307 Applications in Tactical Strength and Conditioning	3
HHPR 304 Applications in Personal Training	4	General Education Literature (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	3
HHPR 333 Management Sports Facilities ^c	3	General Education Art/Humanities/Humanities (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	3

General Education Leadership (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	1-3	Free Elective	3
Semester Total Credits	14-16	Semester Total Credits	15
Senior			
Fall	Cr.	Spring	Cr.
BI 401 Senior Seminar ^c	3	HHPR 408 Applications in Clinical Exercise Physiology	4
HHPR 404 Applications in Exercise Testing and Prescription ^c	4	HHPR 426 Internship or BI 440	3
HHPR 412 Advanced Exercise Psychology	3	General Education Ethics (http://catalog.norwich.edu/residentialprograms/catalog/generaleducationgoals/)	3
HHPR 410 Applications in Strength and Conditioning ^c	4	Free Elective	3
Semester Total Credits	14	Semester Total Credits	13
Total Credits For This Major: 120-122			

^c Course must be a grade of C or better.

* All sciences must be taken as lab sciences (4 credit courses)