



EXERCISE SCIENCE MAJOR

Professor: T. Miller
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Exercise Science majors will explore the science of exercise and its role in health, fitness, and optimal sports performance. Students will prepare for graduate programs, health careers such as athletic training, physical therapy, physician's assistant, nursing, and medicine. The major will include a capstone research or internship experience tailored to the student's career goals. Students are encouraged to obtain professional certifications, such as ACSM Personal Trainer or Health/Fitness Instructor certification, as appropriate.

A grade of C- or better is required in all courses used to satisfy the major requirements.

You can find the course descriptions for all courses required for this major by clicking on the following links:

- [Biology Course Descriptions](#)
- [Chemistry Course Descriptions](#)
- [Health and Exercise Science Course Descriptions](#)
- [Physical Education Course Descriptions](#)

Major: **EXERCISE SCIENCE**

Student's Last Name

First Name

Middle Initial

Advisor

Date Major Declared

| Course # | Title of Course | Hours Require | Semester Completed | Grade |
|---|---|----------------|--------------------|-------|
| Required Courses: | | | | |
| HES 101 | Introduction to Exercise Science | 1 | | |
| BIO 114/115 | Biological Processes | 4 | | |
| BIO 124/125 | Biodiversity | 4 | | |
| BIO 302 | Human Anatomy* | 4 | | |
| BIO 420 | Physiology (BIO 302 or 322 prereq) | 4 | | |
| CHM 114/115 | Chemistry I | 4 | | |
| CHM 124/125 | Chemistry II | 4 | | |
| HES/PSY 231 | Sport Psychology | 3 | | |
| HES 251 | Introduction to Nutrition | 3 | | |
| HES 230 | Care and Prevention of Injuries | 2 | | |
| HES 235 | Care and Prevention of Injuries lab | 1 | | |
| HES 321 | Kinesiology | 3 | | |
| HES 340 | Exercise Physiology | 3 | | |
| HES 342 | Exercise Prescription | 3 | | |
| | Capstone Research or Field Experience in Exercise | 3 | | |
| | TOTAL HOURS FOR MAJOR | 46 hrs. | | |
| Optional Courses: | | | | |
| HES 215 | Motor Learning | 3 | | |
| HES 406 | Management in PE & Athletics | 2 | | |
| PED 350 | Theories of Adapted Physical Education | 3 | | |
| *Students who need extra preparation for BIO 302, Human Anatomy are advised to take BIO 107, Human Biology. | | | | |
| A grade of C- or better is required in all courses used to satisfy the major requirements | | | | |