

# B.S.E.S. in Exercise Science

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## Description

The B.S.E.S. degree program is designed for students entering allied health and fitness professions. With the degree, careers as health and fitness directors within private, municipal, corporate, and hospital-based fitness and health promotion centers are available. Students completing the B.S. degree often continue their education in exercise science, physical therapy, cardiac rehabilitation, and other health-related graduate programs.

## Minimum Total Credit Hours: 124

### General Education Requirements

The general education/core requirements for this degree include Engl 101, Engl 102 or Liba 102 (6 hours); literature (3 hours); history (6 hours); fine arts (3 hours); additional course in literature, humanities, or fine arts (3 hours); speech (3 hours); social science selected from among Econ, Pol, Psy, or Soc (3 hours); Math 121 and Math 123 (6 hours); Bisc 102/103 or 160/161 (4 hours); Bisc 206 and 207 (8 hours); Chem 103/113 or 105/115 (4 hours); Phys 211/221 or 213/223 (4 hours); general electives to bring total number of hours to a minimum of 124.

### Course Requirements

Requirements for the B.S.E.S. include core courses HP 191 and 203, ES 100, 338, 346, 348, 349, 391, 440, 446, 447, 456, 457, 473 or 493; and professional electives (12 hours) to be chosen from ES 402, ES 394, FCS 311, HP 303, ES 490, ES 471/Mgmt 371/PRM 471, ES 351/Psy 202/Math 115, or HP 312.

### Other Academic Requirements

Majors must achieve a 2.5 GPA in the exercise science core.

