

Exercise Science, B.S.

Program Description

The Exercise Science program is a scientifically based program designed to prepare competent entry-level Exercise Science professionals in the cognitive (knowledge), psychomotor (skills), and affective (abilities) learning domains. The Exercise Science program offers a diversified program that includes both introductory and advanced coursework, laboratory experiences and the opportunity for practical application of knowledge through community and research based experiences. The program can also be used as pre-professional preparation for post graduate study in exercise science or other health related disciplines including physical therapy, occupational therapy and medical programs. The Exercise Science program is designed to prepare students for appropriate professional organization certifications. For information regarding program admission, please contact the Wellstar College of Health and Human Services Advising Center at <http://wellstarcollege.kennesaw.edu/advising>.



This program is a part of the Wellstar College of Health and Human Services.

Admission, Enrollment, and Graduation Policies

Admission Requirements

Admission to the Exercise Science program is separate from Admissions to Kennesaw State University. Students must meet the program requirements to pursue this degree program, outlined below.

In order to declare the Exercise Science major, students must meet the following requirements:

- Must have met Kennesaw State University admission requirements.
- Applicants must have a 3.0 cumulative grade point average with a minimum grade of "C" in each required course for admission including BIOL 2251, BIOL 2251L, BIOL 2252, BIOL 2252L, ENGL 1101, ENGL 1102 and ES 2100. No more than two attempts per course will be allowed to earn the degree.
- Admitted students must earn a grade of "C" or better in each required course within the Exercise Science curriculum of which only two attempts per course will be allowed to earn the degree.
- Information regarding the application process can be obtained from the Wellstar College of Health and Human Services Advising Center.

Graduation Requirements

Each student is expected to meet the requirements outlined in Academic Policies 5.0

PROGRAM REQUIREMENTS & GRADUATION.

Program Course Requirements

Core IMPACTS Curriculum (42 Credit Hours)

General Education Core IMPACTS Curriculum

Core IMPACTS Curriculum Requirements Specific to This Major

Students must take a two-semester laboratory sequence in Natural Sciences. Students can choose from: CHEM 1151/1151L & CHEM 1152/1152L, CHEM 1211/1211L & CHEM 1212/1212L, PHYS 1111/1111L & PHYS 1112/1112L, or BIOL 1107/1107L & BIOL 1108/1108L. See the individual degree program requirement section for majors with these requirements.

Core Field of Study (18 Credit Hours)

Students must earn a "C" or better in these courses.

- BIOL 2251: Anatomy & Physiology I
- BIOL 2251L: Anatomy & Physiology I Laboratory
- BIOL 2252: Anatomy & Physiology II
- BIOL 2252L: Anatomy & Physiology II Laboratory
- ES 2100: Physical Activity in Health and Disease
- ES 2200: Safety Training for Exercise Science
- ES 2300: Medical Terminology
- ES 2500: Principles of Nutrition

Major Requirements (38 Credit Hours)

Students must earn a "C" or better in these courses.

Exercise Science Core (35 Credit Hours)

- ES 3600: Health Fitness Management
- ES 3700: Strength and Conditioning
- ES 3750: Strength and Conditioning Laboratory
- ES 3800: Biomechanics
- ES 3900: Physiology of Exercise
- ES 4200: Nutrition and Performance
- ES 4300: Physiology of Exercise and Aging

- ES 4500: Physiology of Exercise II
- ES 4550: Exercise Science Laboratory Techniques
- ES 4600: Exercise Prescription
- ES 4650: Exercise Testing
- ES 4700: Clinical Exercise Physiology

One (1) credit hour carried over from Technology, Mathematics, and Sciences.

Capstone Experience (3 Credit Hours)

- ES 4900: Senior Seminar in Exercise Science

Major Electives (21 Credit Hours)

Students must earn a "C" or better in these courses. Select 21 credit hours of coursework from the following prefixes: BIOL, CHEM, ES, HPE, PHYS, PSYC, SM, IHS.

At least 6 credit hours must be at the 3000–4000 level.

At least 1 credit hour must be an internship experience in ES 3398 or ES 4950.

A maximum of 12 credit hours can be taken through a combination of ES 3398, ES 4000, and ES 4950.

University Electives (1 Credit Hour)

In accordance with KSU Graduation Policy, students must earn a grade of "D" or better in these courses while maintaining a minimum 2.00 cumulative GPA.

Free Electives (1 Credit Hour)

Select 1 credit hour of 1000–4000 level coursework from the University Catalog.

Program Total (120 Credit Hours)