



Exercise Science Undergraduate Major

**BALL STATE
UNIVERSITY**

College of Health · School of Kinesiology

Points of Distinction

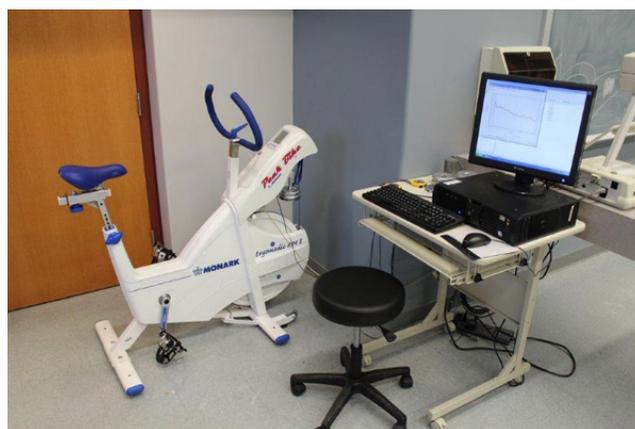
- Nationally and internationally renowned faculty, many of whom are active and serve in leadership roles in foremost professional exercise science organizations.
- 100-hour observation practica requirement allow for in-depth career exploration.
- 8 classes (21 credit hours) utilize lecture/lab format to facilitate hands-on learning.
- Laboratory space and available equipment are extensive. EXSC students are given the opportunity to gain experience with sophisticated technology in the undergraduate EXSC lab, the Biomechanics lab and Human Performance laboratory.
- The EXSC program has existing relationships with numerous health and fitness organizations, hospitals and other health care facilities, collegiate and professional athletic teams and sport performance businesses.
- Professional networking opportunities are encouraged through observation practica, internships, and activities of the student-run EXSC Club.
- 12-credit hour internship (500 practical hours) allows students to focus exclusively on their internship while enrolled as a full-time student.
- Completion of professional development certificate, "Career Ready," provided by Career Services prepares students to successfully compete for internships and jobs by teaching key concepts employers say are critical; resume writing, interview skills, professional communication / etiquette, and problem solving.

Program Options

Students Can choose the following program concentrations: basic and applied science (biomechanics, clinical exercise physiology, or graduate preparation for chiropractor, doctor, physician assistant), health and fitness, physical therapy, occupational therapy, or athletic training.

Facilities

The Exercise Science Undergraduate Laboratory is a 1,600 square foot facility housed in the Health and Physical Activity Building. The laboratory houses eight cycle ergometers, two treadmills, two ECG machines, a respiratory gas exchange analysis system and a variety of other exercise and fitness testing equipment. During the fall and spring semester, the laboratory is open for student use and affords students an opportunity for learning and developing valuable physical fitness assessment skills.



Career Opportunities

Since 1984, students graduating from the Exercise Science Program have secured entry level jobs in places such as the YMCA, corporate fitness centers, Web MD Health Services, cardiopulmonary rehabilitation, sports performance facilities, and fitness and recreational centers. In addition to these professional employment opportunities, some students pursue further study in schools of medicine, physical and occupational therapy, athletic training, chiropractics, and physician assistant or graduate programs in exercise physiology or biomechanics.

Curriculum Requirements

INTRODUCTION TO EXERCISE SCIENCE

MAJOR COURSES

- BIO 111 Principles of Biology (4)
- CHEM 101 General, Organic, and Health Chemistry for the Health Sciences (5) or CHEM 111 General Chemistry (4)
- PSYS 100 General Psychology (3)
- EXSC 147 Resistance Training Leadership (3)
- EXSC 190 Foundations of Exercise Science (3)
- EXSC 293 Physiology (3)
- EXSC 292 Anatomy (3) or ANAT 201 Fundamentals Human Anatomy (3)

EXERCISE SCIENCE MAJOR COURSES

- EXSC 201 Human Performance Concepts and Assessment (3)
- EXSC 202 - Fitness Assessment in Exercise Science (3)
- EXSC 294 – Introduction to Biomechanics (3)
- EXSC 301 - Fundamentals of Exercise Prescription (3)
- EXSC 300 Professional Development in Exercise Science (1)
- EXSC 304 Motor Learning (3)
- EXSC 360 Exercise Psychology (3)
- EXSC 493 - Advanced Exercise Physiology (3)
- EXSC 479 – Exercise Science Internship (12)

GUIDED ELECTIVES

Choose one of the concentrations below:

- Basic and Applied Science (21)
- Health & Fitness (21)
- Pre-Physical Therapy (29-30)
- Pre-Occupational Therapy (23-24)
- Pre-Athletic Training (27-29)



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bsu.edu/exercisescience

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The information presented here, correct at the time of publication, is subject to change. Ball State University practices equal opportunity in education and employment and is strongly and actively committed to diversity within its community. 555900-17 mc