

# EXERCISE AND HEALTH SCIENCE MAJOR

The Exercise and Health Science curriculum (44 credits) is structured to provide students the flexibility to select courses, in consultation with their faculty advisor, that will enable them to achieve their academic and career goals relative to physical activity, exercise, and health. Courses within the Exercise and Health Science curriculum are purposefully clustered around content themes and academic skills, thereby creating a skeleton structure to help ensure all students engage the diversity of the field, practice the academic skills multiple times in completing the degree, and achieve the learning outcomes.

## Acceptance to Major Requirements

Course Requirements:

Code	Title	Hours
EXHS 111	Introduction to Exercise and Health Science	4
MATH 124	Probability and Statistical Inference	4
or PSYC 221	Applied Behavioral Statistics	

Minimum GPA for required courses: 2.00

Minimum Cumulative GPA: 2.00

Code	Title	Hours
EXHS 111	Introduction to Exercise and Health Science	4
MATH 124	Probability and Statistical Inference	4
or PSYC 221	Applied Behavioral Statistics	
NUTR 125	Concepts of Nutrition Science	4
One of the following		4
BIOL 216	Human Physiology	
BIOL 323	Animal Physiology	
BIOL 325	Human Anatomy and Physiology I	
EXHS 379A	Research Methods in Exercise and Health Science - Natural World	4
or EXHS 379B	Research Methods in Exercise and Health Science - Social World	
One of the following		4
EXHS 306	Biomechanics	
EXHS 308	Exercise Physiology	
One of the following		4
EXHS 302	Clinical Healthcare: Theory and Application	
EXHS 303	Physical Activity Epidemiology	
EXHS 310	Principles of Strength Training and Conditioning	
EXHS 373A	Personal Fitness Training	
One of the following		4
EXHS 323	Sport in a Diverse Society	
EXHS 324	Sports and Exercise Psychology	
EXHS 390	Sport Ethics	
EXHS courses <sup>1</sup>		8
EXHS 394	Research Design	4
& EXHS 395	and Research Seminar I	
& EXHS 396	and Research Seminar II	
or EXHS 397	Internship	

EXHS XXX	0
<b>Total Hours</b>	<b>44</b>

<sup>1</sup> The following courses from other departments may also be applied to fulfill the Elective courses requirement: BIOL 326 Human Anatomy and Physiology II (with lab), NUTR 301 Diet, Health & Disease Prevention, PHYS 105 Physics for the Life Sciences I (with lab), THEA 105 Introduction to Modern Dance.

## Additional Requirements:

### General Education Requirements:

All undergraduate students must complete the requirements of the Integrations Curriculum (IC) which is designed to ensure all of our students receive a liberal arts education. Please review details of the Integrations Curriculum (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/integrations-curriculum/>) requirements here (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/integrations-curriculum/>).

### Graduation Requirements:

In addition to the Integrations Curriculum, all undergraduate students must meet the following minimum degree requirements to earn their degree from CSB and SJU.

**Credits:** 124 total credits, 40 of which must be from upper division coursework

**GPA:** 2.0 or higher\*

**Residency:** At least 24 of your last 32 credits must be completed at CSB/SJU

Please visit Graduation (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/graduation/>) under the Academic Policies and Regulations (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/>) portion of the catalog for additional details regarding degree requirements.

\* Cumulative GPA as well as major(s)/minor(s) GPA. Please note some majors/minors may require a higher GPA to earn their degree.

## No Pre-Professional Health Track

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
EXHS 111	Introduction to Exercise and Health Science	4
BIOL 101	Foundations of Biology	4
INTG 100	Foundations	4
Global Language 111		4
INTG 105	College Success	1
<b>Hours</b>		<b>17</b>
<b>Spring</b>		
BIOL 216	Human Physiology	4
Cultural/Social Difference-Identity (CI)		4
Global Language 112		4
THEO 100	Theological Explorations	4
<b>Hours</b>		<b>16</b>
<b>Second Year</b>		
<b>Fall</b>		
MATH 124	Probability and Statistical Inference	4
or PSYC 221	or Applied Behavioral Statistics	
Global Language 211		4

EXHS 211	Exercise Science Laboratory Skills	2
Elective		4
Elective		4
Hours		18
Spring		
EXHS 379A	Research Methods in Exercise and Health Science - Natural World	4
NUTR 125	Concepts of Nutrition Science	4
EXHS 210	Functional Human Anatomy	2
Elective		4
Elective		4
Hours		18
Third Year		
Fall		
Cultural/Social Difference-Systems (CS)		4
Human Experience (HE)		4
Artistic Expression (AE)		4
Global Engagement (GL)		4
Hours		16
Spring		
EXHS 323	Sport in a Diverse Society	4
EXHS 324	Sports and Exercise Psychology	4
Theology Integrations (TI)		4
Elective		4
Hours		16
Fourth Year		
Fall		
EXHS 308	Exercise Physiology	4
EXHS 397	Internship	4
Elective		4
Elective		4
Hours		16
Spring		
EXHS 310	Principles of Strength Training and Conditioning	4
INTG 300	Learning Integrations	4
Elective		4
Elective		4
EXHS XXX		0
Hours		16
Total Hours		133

Pre-Professional Health Track

Course	Title	Hours
First Year		
Fall		
EXHS 111	Introduction to Exercise and Health Science	4
BIOL 101	Foundations of Biology	4
INTG 100	Foundations	4
Global Language 111		4
INTG 105	College Success	1
Hours		17
Spring		
BIOL 201	Intermediate Cell Biology and Genetics	4
CHEM 125	Introduction to Chemical Structure and Properties	4
Cultural/Social Difference-Identity (CI)		4
Global Language 112		4
Hours		16
Second Year		
Fall		
MATH 124 or PSYC 221	Probability and Statistical Inference or Applied Behavioral Statistics	4

EXHS 211	Exercise Science Laboratory Skills	2
Global Language 211		4
THEO 100	Theological Explorations	4
Elective		4
Hours		18
Spring		
EXHS 379A	Research Methods in Exercise and Health Science - Natural World	4
EXHS 210	Functional Human Anatomy	2
NUTR 125	Concepts of Nutrition Science	4
Elective		4
Elective		4
Hours		18
Third Year		
Fall		
Cultural/Social Difference-Systems (CS)		4
Human Experience (HE)		4
Artistic Expression (AE)		4
Global Engagement (GL)		4
Hours		16
Spring		
EXHS 324	Sports and Exercise Psychology	4
Theology Integrations (TI)		4
Elective		4
Elective		4
Hours		16
Fourth Year		
Fall		
EXHS 308	Exercise Physiology	4
EXHS 397	Internship	4
BIOL 325	Human Anatomy and Physiology I	4
Elective		4
Hours		16
Spring		
BIOL 326	Human Anatomy and Physiology II	4
EXHS 310	Principles of Strength Training and Conditioning	4
INTG 300	Learning Integrations	4
Elective		4
EXHS XXX		0
Hours		16
Total Hours		133