





















## BA EXSS Degree

Core Requirements		
EXSS 155 & EXSS 256	 Human Anatomy and Physiology I and Human Anatomy and Physiology II <sup>H, F</sup>	6
EXSS 180	Physical Activity in Contemporary Society	3
EXSS 181	Sport and Exercise Psychology	3
EXSS 273	 Research in Exercise and Sport Science	3
EXSS 288	Emergency Care of Athletic Injuries and Illnesses	3
EXSS 376	Physiological Basis of Human Performance	4
EXSS 380	Neuromuscular Control and Learning <sup>H</sup>	3
EXSS 385	Biomechanics of Sport	3
Additional Requirements		
BIOL 101 & 101L	 Principles of Biology and  Introductory Biology Laboratory <sup>H, F</sup>	4
<b>Total Hours</b>		<b>32</b>

## BS EXSS Degree

Core Requirements		
EXSS 155	 Human Anatomy and Physiology I <sup>H, F</sup>	3
EXSS 256	Human Anatomy and Physiology II	3
EXSS 273	 Research in Exercise and Sport Science	3
EXSS 376	Physiological Basis of Human Performance	4
EXSS 380	Neuromuscular Control and Learning <sup>H</sup>	3
EXSS 385	Biomechanics of Sport	3
Five elective courses from the following list, with at least 9 credits from courses numbered 400 and above:		13-15
EXSS 181	Sport and Exercise Psychology	
EXSS 265	Fundamentals of Sports Medicine	
EXSS 275L	Human Anatomy Laboratory	
EXSS 288	Emergency Care of Athletic Injuries and Illnesses	
EXSS 360	Sports Nutrition	
EXSS 366	Foundations of Sports Medicine Rehabilitation	
EXSS 395	 Undergraduate Research Course	
EXSS 408	Theory and Application of Strength Training and Conditioning for Fitness Professionals	
EXSS 409	Exercise Prescription for Special Populations	
EXSS 410	Exercise Testing and Prescription	
EXSS 433L	Exercise Technique	
EXSS 450	Essentials of Corrective Exercise Training	
EXSS 475	Functional Anatomy	
EXSS 478	Sports Performance Training	
EXSS 573	 Sport Injury Epidemiology	
EXSS 576	Exercise Endocrinology	
EXSS 580	Neuromechanics of Human Movement	
EXSS 581	Biopsychosocial Aspects of Sport Injury	
EXSS 694H	 Senior Honors Thesis	
Additional Requirements		
BIOL 101 & 101L	 Principles of Biology and  Introductory Biology Laboratory <sup>H, F</sup>	4
Select three courses from the following options:		12
CHEM 101 & 101L	 General Descriptive Chemistry I and  Quantitative Chemistry Laboratory I <sup>H, F</sup>	
CHEM 102 & 102L	 General Descriptive Chemistry II and  Quantitative Chemistry Laboratory II <sup>H, F</sup>	
PHYS 114 or PHYS 118	 General Physics I: For Students of the Life Sciences <sup>F</sup> or  Introductory Calculus-based Mechanics and Relativity	
PHYS 115 or PHYS 119	 General Physics II: For Students of the Life Sciences <sup>F</sup> or  Introductory Calculus-based Electromagnetism and Quanta	
MATH 231	 Calculus of Functions of One Variable I <sup>H, F</sup>	
A choice of four additional allied sciences electives, selected from the course list below (some courses are more than 3 credits) <sup>1</sup>		12
<b>Total Hours</b>		<b>60-62</b>

### **What is the difference?**

BS does not include: 180, 181 and 288 as requirements

BS allows for 5 elective courses from the list, **9 hours must be over 400.**

BS must include 3 additional science courses from the list

BS must include four additional allied science course

### **SLO For BS IN EXSS**

- Demonstrate the ability to apply fundamental concepts of human physiology to explain how the human body responds to exercise and changing environments
- Describe neuromuscular control systems and concepts related to movement and motor skill acquisition, retention, and transfer
- Describe biomechanical and anatomical concepts of human motion and apply these concepts to understanding exercise, performance, and injury
- Demonstrate proficiency in the design, application and interpretation of research methods and scientific data commonly used in Exercise and Sport Science
- Integrate the content and approach of the natural sciences into Exercise and Sport Science.
- Prepare students to pursue graduate education and/or employment in areas related to Exercise and Sport Science, especially those related to the allied health/medical sciences.