

# Kinesiology: Exercise Science Emphasis (B.S.)\*

\*Formerly Health and Human Performance Emphasis (B.A.) – Students entering Saint Mary's before the 2018-19 academic year are subject to HHP requirements, not Exercise Science requirements as presented here.

The Exercise Science emphasis offers Kinesiology undergraduate students the opportunity to construct a course of study that will serve various career goals. Students in the Exercise Science emphasis are required to complete the following coursework:

## I. Complete **ALL** of the following courses:

Chemistry 2/3	Principles of Chemistry with Lab (pre-requisite for Bio 13/14 and for Bio 25/26)
Biology 10/11	Introduction to Biology with Lab (pre-requisite for Bio 13/14 and Bio 25/26) (SU)
Biology 13/14	Human Anatomy for Kinesiology Majors with Lab
Biology 25/26	Human Physiology with Lab
Math 4, 13, or 27	Intro to Probability & Statistics, Calculus w/Elementary Functions, or Calculus I (MU)
Kinesiology 10	Introduction to Kinesiology
Kinesiology 15	Research Methods and Writing in Kinesiology (WID)
Kinesiology 102	Structural Biomechanics
Kinesiology 107	Nutrition for Sport and Physical Activity
Kinesiology 110/110L	Exercise Physiology with Lab
Kinesiology 112	Sport and Exercise Psychology
Kinesiology 117	Motor Learning and Control

## II. Select at least **ONE** of the following Applied Rehabilitation and Training courses:

Kinesiology 109	Care and Prevention of Athletic Injuries
Kinesiology 115/115L	Fitness Assessment and Exercise Prescription with Lab
Kinesiology 122/122L	Principles of Strength and Conditioning with Lab

III. Select a minimum of **THREE** additional upper-division courses in consultation with a Department of Kinesiology advisor. **ONE** of these courses may be selected from related programs with the department's approval. The following are examples of typical courses selected by Exercise Science students:

Kinesiology 106	Women in Sport (AD, TCG)
Kinesiology 111	History of Sport
Kinesiology 114	Sociology of Sport and Physical Activity (SHCU)
Kinesiology 118	Community Health
Kinesiology 127	Health Promotion: Planning and Evaluation
Kinesiology 128	Global Impact of Physical Inactivity (GP)
Kinesiology 130	Multicultural Health and Wellness (AD, TCG)
Kinesiology 131	Sport and Social Justice
Kinesiology 195	Internship
Kinesiology 197	Independent Study

The following are some of the departments from which Exercise Science students have taken courses:

- Anthropology
- Biology
- Chemistry
- Communication
- Politics
- Psychology

\*All students must complete 36.00 course credits, 17 of which must be upper division course credits.

\*All core curriculum course requirements, major, and minor (if applicable) requirements must be completed.

\*All prerequisites must be passed with a grade of C- or higher.

\*All students must have a cumulative and major grade point average of at least 2.00.



# Careers in Exercise Science

## Health & Wellness

- Personal Trainer
- Fitness Director/Manager
- Fitness Instructor
- Health Promotion
- Community Wellness
- Fitness Specialist
- Obesity Prevention

## Clinical

- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Clinical Dietician
- Clinical Exercise Physiologist
- Exercise Specialist

## Performance & Education

- Sport Nutritionist
- Sport Psychologist
- Strength & Conditioning Coach
- Athletic Trainer
- Teacher (College, K-12)
- Coach

## Science & Research

- Exercise Physiologist
- Biomechanist
- Lab Technician
- Sport Nutrition Product Development
- Ergonomist

The options listed above are only some examples of some of the career choices in Exercise Science. For some of them a professional certification and/or post graduate education is required.

### Potential Employers in these areas include:

- Public and Private Schools
- Hospitals
- Olympic Training Centers
- City Parks and Recreation Centers
- Health and Fitness Clubs
- Corporate Wellness Facilities
- Amateur and Professionals Sports Teams/Leagues

### Useful Resources:

- American College of Sports Medicine (ACSM):  
[www.acsm.org](http://www.acsm.org)
- American Society of Exercise Physiologists:  
[www.asep.org](http://www.asep.org)
- American Kinesiology Association:  
[www.americankinesiology.org](http://www.americankinesiology.org)
- Exercise Jobs:  
[www.exercisejobs.com](http://www.exercisejobs.com)