

Exercise Science

Professors: Marita Cardinal, Brian Caster
Associate professors: Jon Carey, Robert Hautala, Gay Timken
Assistant professor: Jeffrey Armstrong

Mission

To maximize individual and professional development in health and movement science and to promote healthy lifestyles and communities.

Learning outcomes

Relative to physical activity, physical fitness, and motor skill development programs, candidates will:

1. Plan effective strategies, interventions and programs based on assessment of individual and community needs.
2. Implement and evaluate strategies, interventions and programs.
3. Coordinate, communicate and advocate for research-based practices.

Exercise Science major

(72-74 credits)

Required Core courses (32 credits)

- PE 230 Foundations of Exercise Science (4)
- PE 310 Motor Learning (4)
- PE 371 Kinesiology (4)
- PE 415 Lifespan Motor Development (4)
- PE 444 Lifespan Adapted Physical Activity (4)
- PE 470 Sociological and Psychological Aspects of Physical Activity (4)
- PE 473 Physiology of Exercise (4)
- PE 483 Biomechanics (4)

Professional tracks

Select one:

Applied Exercise Science (40 credits)

- HE 325 Nutrition (4)
- PE 485 Exercise Testing and Prescription (4)
- PE 499 Capstone (4)
- Choose two: (8)
 - HE 426 Sports and Exercise Nutrition (4)
 - PE 484 Advanced Topics in Biomechanics (4)
 - PE 486 Advanced Topics in Motor Behavior (4)
 - PE 487 Advanced Topics in Physiology of Exercise (4)
 - PE 488 Exercise Motivation and Adherence (4)
- Electives (20)

Courses must be selected with advisor approval, and may include courses outside the division.

Pre-Education Non-Licensure (43 credits)

- PE 239 Teaching Movement Education (3)
- PE 240 Teaching Dance in Physical Education (3)
- PE 241 Teaching Games I (3)
- PE 242 Teaching Games II (3)
- PE 243 Teaching Outdoor and Adventure Education (3)
- PE 244 Teaching Aerobic Fitness (3)
- PE 245 Teaching Strength Training and Conditioning (4)
- PE 330 Teaching Methods in Physical Education I (4)

- PE 335 Field Experience in Physical Education (1)
- PE 430 Teaching Methods In Physical Education II (4)
- PE 431 Assessment Strategies in Physical Education (4)
- PE 445 Curricular Issues in Physical Education (4)
- Choose two courses from the following areas: (4)
 - Aquatics
 - Eastern Arts
 - Gymnastics
 - Outdoor Recreation

It is recommended that students take BI 102 General Biology and BI 234, and BI 235 Human Anatomy and Physiology to fulfill the natural science requirement in the LACC. BI 234, 235 and 236 are prerequisites to several major required and elective courses. See course descriptions for specific prerequisites.