Exercise and Sports Science - B.S.

Curriculum

The Exercise and Sports Science bachelor's degree program provides a scientific understanding of the mechanics of exercise, its synergies with nutrition and its influence on body systems. Graduates qualify for a variety of occupations such as recreational therapy, exercise physiology, medical program coordination, athletic training and rehabilitation. Graduates may also choose to matriculate to graduate programs like physician assistant, occupational therapist, physical therapist, athletic training or others.

Upon completion of the program, graduate are expected to:

- Apply concepts from the sciences to explain the interrelationships between exercise, metabolism and performance.
- Explain the importance of exercise as a determinant of health.
- Prescribe appropriate exercise interventions considering characteristics of the individual and the goal.
- Compare the appropriateness of various eating patterns for a variety of exercise types.
- Adapt exercise plans for a variety of ages and conditions.

Exercise and Sports Science

A four-year program leading to the bachelor of science degree

Major Courses		
DIET2020	Sports Nutrition	3
ESS2010	Kinesiology	3
ESS2015	Kinesiology Laboratory	1
ESS2320	Exercise Physiology	3
ESS3010	Exercise Assessment and Prescription	3
ESS3015	Exercise Assessment and Prescription Laboratory	1
ESS4010	Human Performance	3
ESS4015	Human Performance Laboratory	1
ESS4030	Clinical Exercise Physiology	3
HSC1010	Introduction to Health Professions	1
HSC1020	Medical Terminology	1
HSC1230	Introduction to Public Health	3
HSC2400	Research Methods for Health Science	3
HSC4900	Data and Evidence in Health: Research Capstone	3
Applied/Experiential Learning		
Choose 3 credits from the following:		3
CHW4799	College of Health & Wellness Internship [Ic]	
DEE3999	Directed Experiential Education [D]	
Study Abroad [Sa]		
Related Professional Studies		
BIO1011	General Biology - Cellular	3
BIO1016	General Biology Laboratory - Cellular	1
BIO1022	General Biology - Organismal	3
BIO1026	General Biology Laboratory - Organismal	1
BIO2003	Human Anatomy and Physiology I	3
BIO2006	Human Anatomy and Physiology I Laboratory	1
BIO2013	Human Anatomy and Physiology II	3
BIO2016	Human Anatomy and Physiology II Laboratory	1
CHM1011	General Chemistry I	3
CHM1016	General Chemistry I Laboratory	1
CHM1022	General Chemistry II	3
CHM1026	General Chemistry II Laboratory	1
CULN2414	Cooking for Health and Wellness	3
PHY1011	General Physics I	3
PHY1016	General Physics I Laboratory	1
PHY1022	General Physics II	3
PHY1026	General Physics II Laboratory	1
University Core Curriculum		
Communicating		9
ENG1020	Rhetoric & Composition I	
ENG1021	Rhetoric & Composition II	
ENG1030	Communication Skills	
Connecting		6
Two courses with the Connecting attribute (ECNG), one at the 2000 level, one at the 4000 level		
Experiencing		6
PHIL3240	Ethics: A Global Perspective	
Additional course with the Experiencing attribute (EEXP) in a different discipline		
Measuring		6
MATH1030	Precalculus (or higher, based on student's placement) [*]	
MATH2001	Statistics I	
or MATH2010	Introduction to Biostatistics	
Exploring		3
SCI1050	Nutrition	
Interacting		6
PSYC1001	Introductory Psychology	
Additional course with the Interacting attribute (EINT) in a different discipline		
A&S Electives		6
PSYC2030	Developmental Psychology	
Additional course with the Arts & Sciences elective attribute (EASC)		
Free Electives [#]		
9 credits selected from 1000-4999 numbered offerings within the university		9
Total Credits		**121.0**

[*]

Students that do not place in MATH1030 Precalculus, will need to take an extra course, MATH1020 Fundamentals of Algebra, as a prerequisite. If needed this will count as an A&S elective.

[Ic]Typically, internships require a minimum of six credits. Students interested in a 9 or 12-credit internship can apply additional experiential learning and free elective credits, if available. Students are strongly encouraged to contact a faculty advisor before scheduling internship and free elective credits.

[D] Directed Experiential Education (DEE) opportunities are based on project availability with community partners and student eligibility. For more information, visit Experiential Education & Career Services (EE&CS).

[Sa]To be eligible to count toward Applied/Experiential Learning, a Study Abroad offering must meet certain requirements. Contact JWU Global to discuss eligible Study Abroad options for this degree program.

[#] In addition to classes, free elective credits may be applied to a number of options such as internship, study abroad, Directed Experiential Education courses and courses in a specialization or minor as relevant. For students who qualify for the J2 program, up to four graduate courses may apply. Students are strongly encouraged to contact a faculty advisor before scheduling free elective credits.

Note: Students must pass MATH0010 Pre-Algebra or have equivalent placement scores to enroll in required math courses.

Note: Students must pass ENG0001 Writing Workshop or have equivalent placement scores to enroll in ILS 2000-level courses.

In collaboration with academic colleges Study Abroad offer several options, direct enroll with international universities, domestic and digital options meet with a Study Abroad Advisor to learn more about how your major, minor, free electives, experiential learning and transferable courses would benefit by a Study Abroad program. There are many options for students during a semester, spring and/or summer breaks. Faculty-led, exchange, and direct-enroll programs range in duration from one week to a full semester or full year. Financial aid may be applied, and some partners offer external scholarships. Visit the study abroad website for information, program descriptions and online applications. Where will you go? Wherever you decide, make the best of your educational journey!

Admissions Requirements

Please see a campus catalog for Admissions Requirements for this program.

Accelerated Program Options

J2 Program

The JWU J2 program allows qualified students enrolled in a matriculating undergraduate program to take graduate level courses at JWU. Students interested in pursuing this option should meet with their academic advisor to discuss their interest, qualifications and plans. The undergraduate student may take up to four graduate courses (maximum 12 credits) and are limited to 6 credits a semester and 3 credits per session (Fall Session I and Fall Session II).

The completion of graduate credits to fulfill undergraduate program requirements does not guarantee acceptance into the graduate program after completion of the baccalaureate degree. Matriculating undergraduate

students who wish to formally enroll in a graduate program must fulfill all requirements for entrance into the intended graduate program and complete a graduate program application.

Note: Not all graduate courses are included as part of this policy. Courses offered as part of the Master of Arts in Teaching, Master of Education, Master of Science in Physician Assistant Studies and doctoral courses are excluded from this policy and are restricted to program majors only. Additional courses and/or programs as determined by individual colleges may also have restricted access.

Eligibility Criteria

To be eligible to enroll in graduate level courses (excludes: Masters of Arts in Teaching, Masters of Education, Masters of Science in Physician Assistant Studies, doctoral courses, Counseling graduate program courses, and other programs as outlined by the colleges).

Undergraduate students must meet the following criteria:

- Undergraduate cumulative GPA of 3.00 or higher
- Completed and registered undergraduate credits at least 90 credits
- Meet the individual course prerequisites

Appeal to Eligibility Criteria: College dean or designee will receive a copy of the Petition Form, Student's GPS and email requesting appeal if the student requests to appeal the GPA or earned/registered credit criteria. College dean/designee will review and determine approval.

These courses carry graduate credit and will replace undergraduate degree requirements when applicable, traditionally free-electives (maximum of 12 credits). The course will be applied to the undergraduate degree in the order in which they are taken (if required) and will also be applied towards both the students undergraduate and graduate GPA.

Students should maintain enrollment in at least 12 credits of undergraduate coursework to maintain full-time status; graduate course enrollment is not calculated into undergraduate full-time status. For students already attending full-time as undergraduates (12 credits or more) and paying the full-time tuition, the graduate credits will be included in full-time tuition fee. Students attending part-time (11 credits or less) will pay the cost per-credit undergraduate tuition for the graduate course.

Course registration will be based on space availability and students enrolled in graduate level courses will be required to maintain good academic standing at the undergraduate and graduate level.