

# Exercise and Sports Science - B.S.

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, graduates 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	Exercise for Special Populations	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

CHW4799	College of Health & Wellness Internship <sup>lc</sup>	3
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### 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
BIO2021	Functional Human Anatomy	3
BIO2026	Functional Human Anatomy Laboratory	1
BIO2041	Human Physiology	3
BIO2046	Human Physiology Laboratory	1
CAR0010	Career Management	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

### A&S Core Courses

Communications Foundation Courses		9
ENG1020	Rhetoric & Composition I	
ENG1021	Rhetoric & Composition II	
ENG1030	Communication Skills	
Integrative Learning		6
Two ILS courses, one at the 2000 level, one at the 4000 level		
Arts and Humanities		6
PHIL3240	Ethics: A Global Perspective	
One course from ART, HIST, HUM, LIT, or REL		
Mathematics		6
MATH1030	Precalculus <sup>*</sup>	
MATH2001	Statistics I	
or MATH2010	Introduction to Biostatistics	

Science		3
SCI1050	Nutrition	
Social Sciences		6
PSYC1001	Introductory Psychology	
One course from ANTH, ECON, LEAD, PSCI or SOC		
A&S Electives		6
PSYC2030	Developmental Psychology	
One course with an EASC attribute		
<b>Free Electives<sup>#</sup></b>		
9 credits selected from 1000-4999 numbered offerings within the university		9
Total Credits		122.0

\* 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.

lc Typically, internships require a minimum of three credits. Students interested in a 6, 9 or 12-credit internship can apply additional experiential learning and free elective credits, if available. Students are strongly encouraged to contact a faculty adviser before scheduling internship and free elective credits.

# 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 Accelerated Master's program students, up to three graduate-level courses may apply. Students are strongly encouraged to contact a faculty adviser before scheduling free elective credits.

NOTE: Students must pass MATH0010 Basic Mathematics or have equivalent placement scores to enroll in required math course(s).

Students who graduate with a bachelor's degree must leave Johnson & Wales University with effective writing skills to fulfill the graduation writing requirement. These writing skills are assessed in ENG1021 Rhetoric & Composition II. Students who have met the requirement of ENG1021 Rhetoric & Composition II or ENG1027 Honors Advanced Composition and Communications: Civic Discourse outside of Johnson & Wales University must fulfill the graduation writing requirement through successful completion of ENG0001 Writing Workshop.

In collaboration with academic colleges across all JWU campuses, JWU Global Study Abroad programs offer a variety of international options for major, minor, arts and sciences, and elective credit at many affordable price points for students during the academic year, break periods, and summer. Faculty-led, exchange, affiliate, and direct-enroll programs range in duration from one week to a full semester or full year. Financial aid may be applied and scholarships are available. Visit the study abroad website for information, program descriptions and online applications. Where will you go?