

B.S. Sport and Exercise Science

Program Admission Requirements

There are no program admission requirements for the B.S. in Exercise Science.

Graduation Requirement

In order to graduate from the Sport and Exercise Science major, the candidate must achieve the following in addition to completing the course requirements:

1. Minimum grade of "C" (2.0) in professional courses.
2. Minimum overall cumulative GPA of 2.5.
3. Minimum GPA of 2.75 in the major.
4. Current First Aid and CPR certification from a nationally recognized provider.

General Education

Code	Title	Credits
Objective 1		6
Objective 2		3
Objective 3- MATH 1153 ¹		3
Objective 4		6
Objective 5- CHEM 1111/CHEM 1111L and PHYS 1111/ PHYS 1113		7
Objective 6- PSYC 1101		6
Students must fulfill Objective 7 or Objective 8		3
Objective 7		
Objective 8		
Objective 9		3
Total Credits		37

¹ "P" courses are equivalent to the original course.

Major Requirements

Code	Title	Credits
PHYSICAL EDUCATION CORE (12 credits)		
HPSS 2222	First Aid CPR and Sport Safety	3
HPSS 2223	Foundations of Physical Education and Sport	3
HPSS 2243	Anatomical Foundations of Human Activity	3
(NOTE: The HPSS 2243 requirement in the Physical Education Core is satisfied by taking either BIOL 3301 and BIOL 3302 plus labs, or BIOL 2227 and BIOL 2228 plus labs.)		
HPSS 4454	Senior Capstone	3
EXERCISE SCIENCE		
Objective #1: To develop foundational knowledge in the basic sciences (33 credits)		
Biological Cognate (11 credits)		
Select one of the following anatomy and physiology sequences:		
BIOL 2227 & 2227L	Human Anatomy and Physiology 1 and Human Anatomy and Physiology 1 Lab (Partially satisfies General Education Objective 5)	8

and		
BIOL 2228 & 2228L	Human Anatomy and Physiology 2 and Human Anatomy and Physiology 2 Lab	
OR		
BIOL 3301 & 3301L	Advanced Human Anatomy and Physiology 1 and Advanced Human Anatomy and Physiology 1 Lab	
and		
BIOL 3302 & 3302L	Advanced Human Anatomy and Physiology 2 and Advanced Human Anatomy and Physiology 2 Lab	
BIOL 4453	Foundations in Neuroscience	
Chemistry Cognate (9 credit)		
CHEM 1111 & 1111L	General Chemistry I and General Chemistry I Lab (Partially satisfies General Education Objective 5)	5
CHEM 1112 & 1112L	General Chemistry II and General Chemistry II Lab (Partially satisfies General Education Objective 5)	4
Physics Cognate (4 credits)		
PHYS 1111 & PHYS 1113	General Physics I and General Physics I Laboratory (Partially satisfies General Education Objective 5)	4
Math Cognate (6 credits)		
MATH 1143	College Algebra (Satisfies General Education Objective 3)	3
MATH 1153	Statistical Reasoning (Satisfies General Education Objective 3)	3
(MATH 1147 College Algebra and Trigonometry will substitute for MATH 1143.)		
Psychology Cognate (3 credits)		
PSYC 1101	Introduction to Psychology (Partially satisfies General Education Objective 6)	3
Objective #2: To develop specialized knowledge in human movement activities (14 credits)		
HPSS 3300	Movement Theory and Motor Development	3
HPSS 3301 & 3301L	Physiology of Exercise and Physiology of Exercise Laboratory	4
HPSS 3302 & 3302L	Biomechanics and Biomechanics Laboratory	4
HPSS 3322	Introduction to Sport Psychology	3
Objective #3: To develop skills assessing and analyzing human movement activities (12 credits)		
HPSS 3370	Care and Prevention of Athletic Injuries	3
HPSS 4482	Mechanical Analysis of Human Movement	3
HPSS 4484	Exercise Assessment and Prescription	3
HPSS 4490	Practicum in Physical Education	1-16

Objective #4: To develop knowledge and skills in cognate exercise disciplines (9 credits)

HPSS 4414	Athletic Performance Nutrition	3
Electives, chosen with advisor approval.		6

Recommended Electives

ANTH 2239	Latino Peoples and Cultures (Satisfies General Education Objective 9)	
ANTH 4407	Anthropology of Global Health	
BIOL 2206	Cell Biology	
BIOL 2229	Introduction to Pathobiology	
BIOL 2233 & 2233L	Principles of Microbiology and Principles of Microbiology Lab	
BIOL 3358	Genetics	
BIOL 4432	Biochemistry	
BIOL 4445	Biochemistry I	
BIOL 4449	Human Physiology I	
BIOL 4451	Immunology	
BIOL 4456	Human Physiology II	
BIOL 4460	Neuroscience	
BIOL 4463	Human Pathophysiology	
BIOL 4464	Lectures in Human Physiology	
BIOL 4470	Cross-Sectional Anatomy	
BIOL 4486	Human Systemic Physiology	
CHEM 3301	Organic Chemistry I	
CHEM 3302	Organic Chemistry II	
CHEM 4445	Biochemistry I	
DHS 4426	Evidence Based Research in Health Sciences	
ECON 4440	Economics of Health Care	
ENGL 3307	Professional and Technical Writing	
HCA/CPH 2210	Medical Terminology and Communication	
HCA 4440	Healthcare Economics and Policy	
CPH 2200	Promoting Wellness	
CPH 3340	Fitness and Wellness Programs	
HPSS 3362	Tests and Measurements in Physical Education	
HPSS 4427	Personal Trainer Certification	
HPSS 4428	Principles of Strength and Conditioning	
HPSS 4494	Adapted Physical Activity	
NTD 2239	Nutrition	
NTD 3340	Nutrition for Health Professionals	
NTD 3360	Nutrition Through the Lifecycle	
NTD 4439	Sports Nutrition	
OLP 4406	Grantwriting	
PSCI 2205	Drugs in Society	
PSYC 2225	Child Development	
PSYC 3301	Abnormal Psychology	
PSYC 3332	Psychology of Adolescence	
SPAN 2210	Spanish for Health Care I	
SPAN 2211	Spanish for Health Care II	
Total Credits		80

Degree Totals

Code	Title	Credits
	Program Admission Requirements	0
	General Education	37
	Major Requirements (Required General Education credits removed)	67
	Upper Division Free Electives	5
	Free Electives	11
	Total Credits	120

ISU Degree Requirements (<http://coursecat.isu.edu/undergraduate/degree requirements/>)

ISU General Education (<http://coursecat.isu.edu/undergraduate/academicinformation/generaleducation/>)

Major Academic Plan (MAP) (<https://www.isu.edu/advising/maps/>)