

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 ¹		9
Objective 6		6
Students must fulfill Objective 7 or Objective 8		3
Objective 7		
Objective 8		
Objective 9		3
Total Credits		39

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 Kinesiology	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 (24 credits)		
Biological Cognate (8 credits)		
Select one of the following anatomy and physiology sequences:		8
BIOL 2227 & 2227L	Human Anatomy and Physiology 1 and Human Anatomy and Physiology 1 Lab (Partially satisfies General Education Objective 5)	
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

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 (3 credits)

MATH 1153 Statistical Reasoning (Satisfies General Education Objective 3) 3

Objective #2: To develop specialized knowledge in human movement activities (14 credits)

HPSS 3310 Motor Control and Learning 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 Sport and Exercise Science 3

Objective #4: To develop knowledge and skills in cognate exercise disciplines (15 credits)

HPSS 4414 Athletic Performance Nutrition 3

HPSS 4428 Principles of Strength and Conditioning 3

Electives, chosen with advisor approval. 9

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 4453	Foundations in Neuroscience
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 Kinesiology and Sport
HPSS 4427	Personal Trainer Certification
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	Psychopathology
PSYC 3332	Psychology of Adolescence
SPAN 2210	Spanish for Health Care I
SPAN 2211	Spanish for Health Care II
Total Credits	77

Degree Totals

Code	Title	Credits
	Program Admission Requirements	0
	General Education	39
	Major Requirements (Required General Education credits removed)	65
	Upper Division Free Electives	0

Free Electives	16
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/>)