



EXERCISE SCIENCE

BACHELOR OF SCIENCE (B.S.)

This multidisciplinary field combines biology, physiology, psychology, and nutrition to understand how exercise affects the human body and mind.

Students with a B.S. in Exercise Science learn to create fitness programs for diverse populations, including athletes, those with chronic conditions, and those seeking to improve overall health. Graduates pursue careers in wellness coaching, strength and conditioning, rehabilitation, and health education or advance to fields like physical and occupational therapy.

OPPORTUNITIES AT KING'S COLLEGE

Our curriculum includes comprehensive coursework in anatomy and physiology, biomechanics, strength and conditioning, exercise physiology, nutrition, and health promotion. We also offer several tracks within the major to ensure your studies match your career goals. Here's what makes our exercise science program unique:

Dedicated faculty: small class sizes allow expert faculty members to prioritize your growth and success, no matter your chosen career path.

Unique flexibility: our flexible program allows you to select a second major or minor in another related field to maximize your future opportunities.

Pathways to success: students have multiple options for internships, post graduate degrees, and direct entry to careers in the field.

Distinguished accreditation: our accreditation from both the Council on Accreditation of Strength and Conditioning Education (CASCE) and the National Strength and Conditioning Association (NSCA) ensures that our program meets the highest standards of academic and professional excellence, preparing students to excel in the rapidly growing field.



**KING'S
COLLEGE**
TRANSFORMATION. COMMUNITY. HOLY CROSS.

CAREER OPPORTUNITIES

A B.S. in Exercise Science opens the door to many career paths centered around health, fitness, and wellness. Graduates can become fitness trainers and instructors, where they design personalized exercise programs for individuals or lead group fitness classes in gyms and health clubs. For those interested in the clinical world, an exercise physiologist career allows you to work in a variety of healthcare settings, developing exercise programs for patients with chronic diseases or conditions.

More roles open to graduates include:

- health coach
- physical therapy aide
- strength and conditioning coach

DEGREE REQUIREMENTS

Below is a sample of courses and tracks offered in this program. For a complete list of programs and courses, see our Degree Requirements online.

STRENGTH & CONDITIONING TRACK

BIOL 219	Anatomy & Physiology I
BIOL 219L	Anatomy & Physiology I Lab
BIOL 220	Anatomy & Physiology II
BIOL 220L	Anatomy & Physiology II Lab
EXSC 101	Introduction to Exercise Science
EXSC 150	Prev., Treatment & Em. Care
EXSC 245	Principles of Health
EXSC 280	Clinical Kinesiology & Anatomy
EXSC 290	Exercise Physiology
EXSC 309	Electrocardiology
EXSC 310	Assessment & Measurements in Ex.
EXSC 310L	Assessment & Measurements in Ex. Lab
EXSC 320	Exercise and Special Populations
EXSC 325	Nutrition and the Athlete
EXSC 330	Alternative Methods of Exercise
EXSC 360	Advanced Exercise Physiology
EXSC 400	Science of Strength & Conditioning
EXSC 400L	Science of Strength & Cond. Lab
EXSC 440	Admin. & Org. for Exercise Facilities
EXSC 450	Applied Strength & Conditioning
EXSC 460	Corrective Ex. Tr.
EXSC 480	Research & Design
EXSC 491	Sport Psychology
EXSC 499	Field Experience/Internship
MATH 126	Introduction to Statistics
PHYS 108	Applied Biophysics
PHYS 108L	Applied Biophysics Lab
PSYC 101	Introduction to Psychology
PSYC 340	Health Psychology
SOC 101	Introduction to Sociology



\$54,860

MEDIAN ANNUAL SALARY FOR EXERCISE PHYSIOLOGISTS

10%

OVERALL EMPLOYMENT GROWTH FROM 2023-33

Statistics provided by U.S. Bureau of Labor Statistics

CONTACT US

Jan Kretzschmar, Ph.D.

Associate Professor

Program Director

Health and Human Performance Department

jankretzschmar@kings.edu

Office of Admission

admissions@kings.edu

(570) 208-5900

kings.edu/exsci