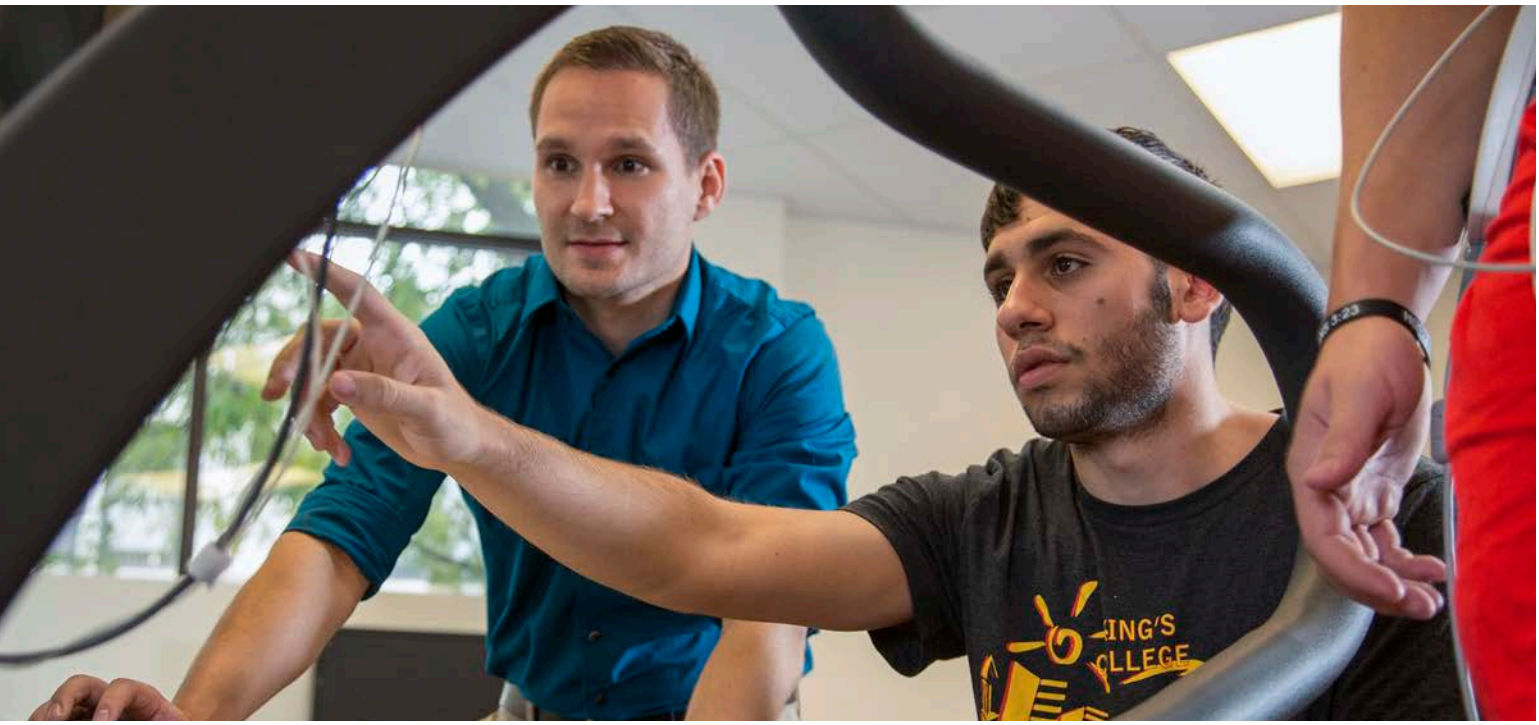
# EXERCISE SCIENCE



The newly formed King's College Exercise Science major will provide students with an understanding of the physiological, biomechanical, and psychological effects of exercise on the human body. This unique and challenging program is designed to prepare students for a wide range of careers in the fast-growing fields of health, wellness, and fitness. The Exercise Science major at King's College will provide the students with a foundation of both theoretical and clinical knowledge while adhering to the King's mission to "…provide a broad-based liberal arts education that offers intellectual, moral, and spiritual preparation that enables students to lead meaningful and satisfying lives."

## What is exercise science?

Exercise science deals with the study of both the immediate and long term effects of physical activity focusing on the "how" and "why" the body responds to physical activity. Exercise Science encompasses a wide variety of disciplines including, but not limited to: Biomechanics, Sports Nutrition, Sport Psychology, Motor Control/ Development, and Exercise Physiology. The study of these disciplines is integrated into the academic preparation of Exercise Science professionals. Exercise Science professionals work in the health and fitness industry, and are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. They conduct these activities in university, corporate, commercial or community settings where their clients participate in health promotion and fitness-related activities. (adapted from CAAHEP)

## Career Options

A student graduating from this exercise science program could work in areas such as health promotion, fitness development, colleges and universities, clinical and hospital rehabilitation, and sport and athletic programs. Examples of specific careers are:

- Small business owners and entrepreneurs in the exercise science industry
- Sports and wellness program instructors and directors
- Strength coaches for college, university and professional sports programs
- Educators at institutions of higher learning
- Researchers in companies that make physiological equipment for testing and evaluation
- Exercise technologists in cardiology suites
- Fitness instructors and supervisors at the state, regional, and national levels in sports and athletic programs
- Sports consultants in areas of psychology and training, biomechanics, efficiency and metabolism, and nutrition
- Electrophysiology technologists in hospital settings

To learn more about majoring in Exercise Science at King's College, please contact the Office of Admission at 1-888-KINGS PA or admissions@kings.edu.

# Exercise Science (Applied Exercise Science Track - 122 Credit Hours)

## Suggested Sequence

- Use the information below as a guide when selecting courses.
- Consult your Academic Advisor prior to course registration.
- Refer to the King's College Catalog and/or website for course titles and descriptions.
- Choose one course from each CORE category as listed for Finance Majors
  - ➢ CORE courses may be taken in any order approved by the academic advisor with the following conditions:
    - CORE 100 and CORE 110 should be taken in the first year.
    - CORE 115 (or 116) should be taken within the first two years.
    - For students selecting a Foreign Language (CORE 14x), every effort should be made to register for that language in the first semester at King's.

| 1st Year - Fall | cr. | 1st Year - Spring | cr. |
|---|---|---|---|
| EXSC 101 Intro. to Exercise Science | 3 | EXSC 150 Prev., Treat., & Emerg. Care of Inj. | 3 |
| PHYS 108 Applied Biophysics | 3 | CHEM 107 General, Organic, & Biochem. | 3 |
| PHYS 108L Applied Biophysics Lab | 1 | CHEM 107L General, Organic, & Biochem. Lab | 1 |
| CORE | 3 | CORE | 3 |
| CORE | 3 | CORE | 3 |
| CORE | 3 | CORE | 3 |
| CORE 090 First Year Experience | 1 | | |
| | 17 | | 16 |
| **2nd Year – Fall** | | **2nd Year – Spring** | |
| EXSC 245 Principles of Health | 3 | EXSC 280 Kinesiology | 3 |
| BIOL 219 Anatomy & Physiology I | 3 | EXSC 290 Exercise Physiology | 3 |
| BIOL 219L Anatomy & Physiology I Lab | 1 | BIOL 220 Anatomy & Physiology II | 3 |
| CORE | 3 | BIOL 220L Anatomy & Physiology II Lab | 1 |
| CORE | 3 | MATH 126 Introduction to Statistics | 3 |
| CORE | 3 | CORE | 3 |
| | 16 | | 16 |
| **3rd Year – Fall** | | **3rd Year – Spring** | |
| EXSC 300 Science of Strength & Conditioning | 3 | EXSC 310 Assess. & Measurements in Exercise | 3 |
| EXSC 300L Science of Strength & Cond. Lab | 1 | EXSC 310 Assess. & Measurements in Ex. Lab | 1 |
| EXSC 309 Electrocardiology | 3 | EXSC 320 Exercise & Special Populations | 3 |
| CORE | 3 | EXSC 325 Nutrition and the Athlete | 3 |
| Free Elective | 3 | PSYC 340 Health Psychology | 3 |
| | | Free Elective | 3 |
| | 13 | | 16 |
| **4th Year – Fall** | | **4th Year – Spring** | |
| EXSC 430 Prog. Development & Prescription | 3 | EXSC 481 Research & Design II | 2 |
| EXSC 440 Admin. & Org. for Ex. Facilities | 3 | EXSC 499 Field Experience/Internship | 3 |
| EXSC 480 Research & Design I | 2 | CORE | 3 |
| CORE | 3 | CORE | 3 |
| Free Elective | 3 | Free Elective | 3 |
| | 14 | | 14 |
| Total Credits Required for Graduation = 122 | | | |

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