

EXERCISE SCIENCE (EXERCISE PHYSIOLOGY TRACK)

The 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.



Career Options

The Exercise Physiology track is designed to prepare students for graduate programs in Physical Therapy or Biomechanics. Course requirements will satisfy most pre-requisite classes required for application to these programs. Since these course requirements are mostly science-based classes,

Examples of specific careers immediately available upon graduation:

- Small business owners and entrepreneurs in the exercise science industry
- Sports and wellness program instructors and directors
- Researchers in companies that make physiological equipment for testing and evaluation
- Managers and exercise leaders in corporate wellness programs
- Instructors in health and fitness clubs
- Supervisors of specialized health, fitness, wellness, or lifestyle programs in correctional services, police, fire, and emergency response organizations
- Fitness instructors in YMCAs, spas, and resort centers
- Fitness directors and managers in the military
- 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

Examples of careers requiring post-graduate education:

- Educators/Researchers at institutions of higher learning in Exercise Physiology, Exercise Psychology, Biomechanics, Physiology, Biomedical Science, Public Health
- Physical Therapists in hospitals, in-patient/out-patient/in-home rehabilitation settings
- Cardio-pulmonary rehabilitation specialists
- Strength coaches for college, university and professional sports programs
- Exercise and/or Sport Psychologists
- Dieticians
- Chiropractors
- Physician Assistants*
- Physicians*
- Veterinarians*
- Pharmacists*

*Additional coursework in organic chemistry, biochemistry, and/or microbiology may be required depending on the specific graduate program

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 (Exercise Physiology Track - 123 Credit Hours)

Suggested Sequence

A suggested course sequence of degree requirements is listed below. Refer to the college catalog for course titles, descriptions, and prerequisites. Always consult your Academic Advisor when planning and scheduling your classes.

1 st Year - Fall		1 st Year - Spring	
EXSC 101 Intro. to Exercise Science	3	EXSC 150 Prev., Treat., & Emerg. Care of Inj.	3
CHEM 113 General Chemistry I	3	CHEM 114 General Chemistry II	3
CHEM 113L General Chemistry I Lab	1	CHEM 114L General Chemistry II Lab	1
SOC 101 Intro to Sociology	3	PSYC 101 Introduction to Psychology	3
Core Course	3	Core Course	3
HCE 101 Holy Cross Experience	1	Core Course	3
<i>(Student may take an additional course up to 17 credits)</i>	14		16
2 nd Year – Fall		2 nd Year – Spring	
BIOL 219 Anatomy & Physiology I	3	EXSC 280 Clinical Kinesiology & Anatomy	3
BIOL 219L Anatomy & Physiology I Lab	1	EXSC 290 Exercise Physiology	3
PHYS 111 Physics for the Life Sciences I	3	BIOL 220 Anatomy & Physiology II	3
PHYS 111L Physics for the Life Sciences I Lab	1	BIOL 220L Anatomy & Physiology II Lab	1
Core Course	3	PHYS 112 Physics for the Life Sciences II	3
Core Course	3	PHYS 112L Physics for the Life Sciences II Lab	1
Core Course	3		
	17		14
3 rd Year – Fall		3 rd Year – Spring	
EXSC 309 Electrocardiology	3	EXSC 310 Assess. & Measurements in Exercise	3
EXSC 330 Alternative Methods of Exercise	3	EXSC 310L Assess. & Measurements in Ex. Lab	1
BIOL 113 Evolution & Diversity	3	EXSC 320 Exercise & Special Populations	3
BIOL 113L Evolution & Diversity Lab	1	EXSC 325 Nutrition and the Athlete	3
Core Course	3	BIOL 210 Organisms & Their Ecosystems	3
Core Course	3	BIOL 210L Organisms & Their Ecosystems Lab	1
		MATH 126 Introduction to Statistics	3
	16		17
4 th Year – Fall		4 th Year – Spring	
EXSC 400 Science of Strength & Conditioning	3	EXSC 450/460 Applied S&C / Corr. Ex.Tr.	2
EXSC 400L Science of Strength & Cond. Lab	1	EXSC 499 Field Experience/Internship	3
EXSC 480 Research & Design	2	PSYC 340 Health Psychology	3
PSYC 351 Psychopathology	3	Core Course	3
Core Course	3	Core Course	3
Core Course	3		
	15		14
Total Credits Required for Graduation = 123			