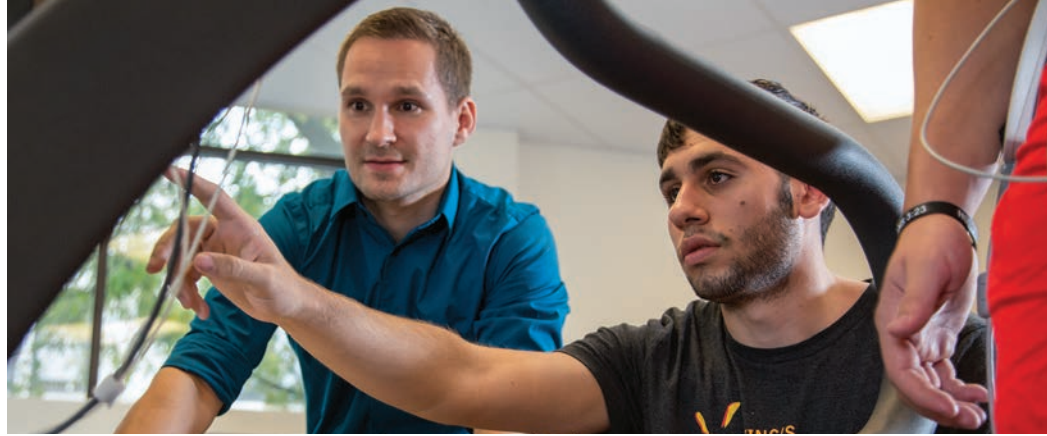


EXERCISE SCIENCE (APPLIED EXERCISE SCIENCE TRACK)

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

A student graduating from this exercise science program with a concentration in Applied Exercise Science 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 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, Public Health
- Occupational 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
- Clinical Psychologists
- Healthcare Administrators

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

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		cr.	1 st 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, & Biochemistry		3
PHYS 108L Applied Biophysics Lab		1	CHEM 107L General, Organic, & Biochemistry 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		
EXSC 245 Principles of Health		3	EXSC 280 Clinical Kinesiology & Anatomy		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 Course		3	BIOL 220L Anatomy & Physiology II Lab		1
Core Course		3	Core Course		3
Core Course		3	Core Course		3
		16			16
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
Core Course		3	EXSC 320 Exercise & Special Populations		3
Core Course		3	EXSC 325 Nutrition and the Athlete		3
Free Elective		3	MATH 126 Introduction to Statistics		3
		15	Free Elective		3
					16
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 440 Admin. & Org. for Ex. Facilities		3	PSYC 340 Health Psychology		3
EXSC 480 Research & Design I		2	Core Course		3
Core Course		3	Free Elective		3
Free Elective		3			
		15			14
Total Credits Required for Graduation = 122					