

# EXERCISE SCIENCE APPLIED EXERCISE PHYSIOLOGY

## REQUIREMENTS

**CORE CURRICULUM** The Core Curriculum is designed to foster critical thinking skills and introduce students to basic domains of thinking that transcend disciplines. The Core applies to all majors. Information on specific classes in the Core can be found at [marshall.edu/gened](http://marshall.edu/gened).

### CORE 1: CRITICAL THINKING

CODE	COURSE NAME	HRS	GRADE
FYS 100	First Year Sem Crit Thinking	3	_____
HS 200	Critical Thinking Course	3	_____
PSY 201	Critical Thinking Course	3	_____
<b>Additional University Requirements</b>			
_____	Writing Intensive (Core II Humanities)	3	_____
_____	Writing Intensive	3	_____
_____	Multicult/International (Core II Hum)	3	_____
ESS 491	Capstone	6	_____

### CORE 2:

CODE	COURSE NAME	HRS	GRADE
ENG 101	Beginning Composition	3	_____
ENG 201	Advanced Composition	3	_____
CMM 207	Bus & Prof Communication	3	_____
BSC 228	Human Physiology	4	_____
_____	Core II Mathematics	3	_____
_____	Core II Humanities	3	_____
_____	Core II Fine Arts	3	_____
PSY 201	Introductory Psychology (CT)	3	_____

## MAJOR-SPECIFIC

All Exercise Science majors are required to take the following courses:

CODE	COURSE NAME	HRS	GRADE	CODE	COURSE NAME	HRS	GRADE
BSC 227	Human Anatomy	4	_____	HS 200	Medical Terminology (CT)	3	_____
DTS 210	Nutrition	3	_____	HS 222	Hlth Prov First Aid/CPR/AED	3	_____
ESS 215	Intro to Exercise Science	3	_____	HS 365	Functional Kinesiology	3	_____
ESS 345	Exercise Physiology	3	_____	PSY 223	Elementary Behavioral Stats	3	_____
ESS 375	Fitness Assessment & Exer Presc	3	_____	PSY 440	Physiology Psychology	3	_____
ESS 386	Adult Fitness	3	_____	_____	Major Restricted Elective	3	_____
ESS 442	Princ of Strength & Condit	3	_____	_____	Developmental Course (PSY 311 or PSY 312)	3	_____
ESS 443	Princ of Strength & Condit Lab	1	_____	_____	Ethics Course	3	_____
ESS 478	Energy Source Body Comp	3	_____				
ESS 491	Internship in Exercise Science	6	_____				

## AREA OF EMPHASIS-SPECIFIC

Students who wish to add an area of emphasis in Applied Exercise Physiology should take the following courses, or discuss a custom list with advisor:

CODE	COURSE NAME	HRS	GRADE	CODE	COURSE NAME	HRS	GRADE
CHM 205	General, Organic, and Biochem	3	_____	PHY 101	Conceptual Physics	3	_____
CMM 207	Bus & Prof Communication	3	_____	PHY 101L	Conceptual Physics Lab	1	_____
MKT 340	MKT Concepts and Applications	3	_____	_____	Pre-Requisite or Free Elective	3	_____
MGT 320	Principles of Management	3	_____	_____	Free Elective	3	_____
MGT 350	Health Care Management	3	_____	_____	Free Elective	2	_____
MGT 354	Health Care Delivery Systems	3	_____	_____	Free Elective	2	_____
MGT 360	Intro to Entrepreneurship	3	_____	_____	Free Elective	1	_____

## MAJOR INFORMATION

- Students are required to know and track their degree requirements for graduation or for entrance to a professional school.
- Course offerings and course attributes are subject to change semesters. Please consult each semester's schedule of courses for availability and attributes.
- Must be at least senior status into the summer of the last academic year and must have completed ESS 375 prior to starting the internship experience (completions of ESS 386, 442, and 443 are strongly recommended).
- A grade of C or better on all required coursework is required for Graduation.
- **Major restricted elective** courses are: HS 215, ESS 405, and HS 265.
- **Ethics courses** are: ESS 401, PHL 202, PHL 302 and PHL 303.
- Courses listed in "Area of Emphasis Specific" are suggested courses. Students should discuss with advisor and select courses based on their career interests.
- Students may need to take extra courses to satisfy prerequisites.

# EXERCISE SCIENCE APPLIED EXERCISE PHYSIOLOGY

Exercise Science is a scientific program of study that focuses on the anatomy, physiology, biochemistry, and biophysics of human movement, and applications to exercise and therapeutic rehabilitation. Examples of coursework include instruction in clinical exercise physiology, exercise physiology, biomechanics, fitness assessment and exercise prescription, energy metabolism, and strength and conditioning. Exercise Science prepares qualified professionals for employment in health and fitness centers, hospital based health and wellness programs, corporate based health and wellness programs, cardiac rehabilitation, strength and conditioning, and allied health areas.

	FALL SEMESTER				SPRING SEMESTER			
	CODE	COURSE NAME	HRS	GRADE	CODE	COURSE NAME	HRS	GRADE
YEAR ONE	CMM 207	Bus & Prof Communication	3	_____	HS 200	Medical Terminology (CT)	3	_____
	ENG 101	Beginning Composition	3	_____	ENG 201	Advanced Composition	3	_____
	FYS 100	First Year Sem Crit Thinking	3	_____	PSY 201	Introductory to Psychology (CT)	3	_____
	ESS 215	Intro to Exercise Science	3	_____	_____	Pre-requisite or Free Elective	3	_____
	_____	Core II Mathematics	3	_____	_____	Core II Humanities (WI, MC/I)	3	_____
	UNI 100	Freshman First Class	1	_____				
	<b>TOTAL HOURS</b>		<b>16</b>		<b>TOTAL HOURS</b>		<b>15</b>	
Summer Term (optional):								

	FALL SEMESTER				SPRING SEMESTER			
	CODE	COURSE NAME	HRS	GRADE	CODE	COURSE NAME	HRS	GRADE
YEAR TWO	BSC 227	Human Anatomy	4	_____	_____	Major Restricted Elective	3	_____
	_____	Core II Fine Arts	3	_____	HS 222	Hlth Prov First Aid/CPR/AED	3	_____
	_____	Writing Intensive	3	_____	BSC 228	Human Physiology	4	_____
	MGT 320	Principles of Management	3	_____	_____	Free Elective	1	_____
	MKT 340	MKT Concepts and Applications	3	_____	CHM 205	General, Organic, and Biochem	3	_____
	<b>TOTAL HOURS</b>		<b>16</b>		<b>TOTAL HOURS</b>		<b>14</b>	
	Summer Term (optional):							

	FALL SEMESTER				SPRING SEMESTER			
	CODE	COURSE NAME	HRS	GRADE	CODE	COURSE NAME	HRS	GRADE
YEAR THREE	DTS 210	Nutrition	3	_____	ESS 375	Fitness Assessment & Exercise Pres	3	_____
	ESS 345	Exercise Physiology	3	_____	ESS 386	Adult Fitness	3	_____
	PSY 223	Elementary Behavioral Stats	3	_____	HS 365	Functional Kinesiology	3	_____
	PHY 101	Conceptual Physics	3	_____	MGT 350	Health Care Management	3	_____
	PHY 101L	Conceptual Physics Lab	1	_____	MGT 360	Intro to Entrepreneurship	3	_____
	_____	Free Elective	2	_____				
	<b>TOTAL HOURS</b>		<b>15</b>		<b>TOTAL HOURS</b>		<b>15</b>	
Summer Term (optional):								

	FALL SEMESTER				SPRING SEMESTER			
	CODE	COURSE NAME	HRS	GRADE	CODE	COURSE NAME	HRS	GRADE
YEAR FOUR	ESS 478	Energy Sources Body Comp	3	_____	PSY 440	Physiological Psychology	3	_____
	_____	Ethics Course	3	_____	ESS 491	Internship in Exercise Science	6	_____
	MGT 354	Health Care Delivery Systems	3	_____	ESS 442	Princ of Strength & Condit	3	_____
	_____	Developmental Course (PSY 311 or PSY 312)	3	_____	ESS 443	Princ of Strength & Condit Lab	1	_____
	_____	Free Elective	3	_____	_____	Free Elective	1	_____
	<b>TOTAL HOURS</b>		<b>15</b>		<b>TOTAL HOURS</b>		<b>14</b>	
	Summer Term (optional):							

Area of Emphasis

Major Requirement

College Requirement

General Education Requirement

Milestone Course: This is a key success marker for your major. See your advisor to discuss the importance of this course in your plan of study.

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# EXERCISE SCIENCE-APPLIED EXERCISE PHYSIOLOGY – 2019-2020

## INVOLVEMENT OPPORTUNITIES

- Student Government Association
- Campus Activity Board
- JMELI
- Commuter Student Advisory Board
- Club Sports
- Religious Organizations
- Political Organizations
- Residence Hall Association
- Cultural Organizations
- National Society of Leadership and Success
- Greek Life

## RELATED MAJORS

- Athletic Training
- Pre-Physical Therapy
- Biomechanics
- Biomedical Engineering
- Health Sciences

## GRADUATION REQUIREMENTS

- Have a minimum of 120 credit hours (some colleges or majors require more);
- Have an overall and Marshall Grade Point Average of 2.00 or higher;
- Have an overall Grade Point Average of 2.00 or higher in the major area of study;
- Have earned a grade of C or better in English 201 or 201 H;
- Have met all major(s) and college requirements;
- Have met the requirements of the Core Curriculum;
- Have met the residence requirements of Marshall University, including 12 hours of 300/400 level coursework in the student's college (see section entitled "Residence Requirements" in the undergraduate catalogue);
- Be enrolled at Marshall at least one semester of the senior year;
- Have transferred no more than 72 credit hours from an accredited West Virginia two-year institution of higher education.

Colleges and specific programs may have unique requirements that are more stringent than those noted above. Students are responsible for staying informed about and ensuring that they meet the requirements for graduation.

This academic map is to be used as a guide in planning your coursework toward a degree. Due to the complexities of degree programs, it is unfortunate but inevitable that an error may occur in the creation of this document. The official source of degree requirements at Marshall University is DegreeWorks available in your myMU portal. Always consult regularly with your advisor.

## YEAR ONE



Have questions? Need to talk? You already have a Friend-At-Marshall ready to help you succeed. Find your FAM Peer Mentor here: [www.marshall.edu/fam](http://www.marshall.edu/fam)



Stay on the Herd Path and come to class! Class attendance is more important to your success than your high school GPA, your class standing, or your ACT/SAT scores.



Take a Community Based Learning (CBL) class that connects course content to the community. Stay engaged and make a difference.



In order to graduate on time, you need to take an average of 15 credits per semester. Are you on track? Take 15 to Finish!



Take a pulse check. Know what you need to do every year to keep your grants, scholarships, or federal financial aid.



Begin your biology sequence to meet your prerequisites for your major classes in Exercise Science.



Attend an intercultural festival or event on campus or in town.

## YEAR THREE



Develop relationships with professors who can serve as future references by attending their office hours.



College is a great time to experience the world! Consider studying abroad in the summer, during Spring Break, or for an entire semester.



Are you on track to graduate? Meet with your advisor for your Junior Eval to make sure you know what requirements you have left.



Join professional associations in your field.



In order to work in your field, you need to take a certification exam. Develop a study strategy now. Check with your advisor.



Your degree requires an internship. Start planning now! Meet with your advisor to discuss your internship options.



Think about who can help you grow as a student and a professional (professors, advisors, alumni, etc.) and ask at least one to be your mentor.

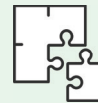
## YEAR TWO



Are you completing enough credits to graduate on time? Dropping or failing a class can put you behind. Use summer terms to quickly get back on track.



Join the Marshall Mentor Network and connect with professionals in your field to discuss your major, career path, and more.



Meet with a career education specialist to conduct a "gap analysis." Figure out the skills you'll need for the career you want while you still have time to build them.



No need to wait until graduate school. Discuss undergraduate research opportunities with faculty in your major right now.



Want to continue your education and increase your opportunities? Talk to a faculty member about whether graduate school fits your career goals.



In order to work in your field, you need to take a certification exam. Develop a study strategy now. Check with your advisor.



Join professional associations in your field.

## YEAR FOUR



This is it! Are you on track to graduate? Meet with your advisor for your Senior Eval to see what requirements you have left.



Networking is key! Attend a Career Expo to seek employment opportunities and network with employers in your field.



Think about who can help you grow as a student and a professional (professors, advisors, alumni, etc.) and ask at least one to be your mentor.



Develop relationships with professors who can serve as future references by attending their office hours.



Complete graduate admissions exams (GRE, MCAT, LSAT) the summer before your senior year.



Prepare to present at the COHP Research Day in April.



Be at the top of your professional game! Prepare a final resume and practice your interview skills with a career coach in Career Education.

## TRANSFERABLE SKILLS ASSOCIATED WITH THIS MAJOR

- Knowledge of the Human Body
- Ability to Instruct Others
- Assessment Skills
- Oral and Written Communication Skills
- Cultural Understanding
- Time-Management Skills

## ASSOCIATED CAREERS

- Exercise Physiologist
- Athletic Trainer for Sports Teams
- Trainer for Hospitals and Rehabilitation Centers
- Researcher
- Weight Control Manager



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