

EXERCISE AND SPORT SCIENCE - BS

The exercise and sport science major is fully accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) (<http://caahep.org>). St. Kate's is one of the few programs in the Midwest and the only one in the state of Minnesota that has attained this accreditation. The St. Kate's exercise and sport science major will help build a practical framework for careers in a variety of settings and serve as preparation for continued education at the graduate level. Students will learn about exercise physiology, exercise testing and prescription, biomechanics, sports medicine, performance analysis, and behavioral health. Women's health and wellness issues are now moving to the forefront of research, education and practice. As a women's institution, St. Kate's is on the leading edge of this trend.

A major in exercise and sport science can prepare students for careers in physical therapy, occupational therapy, physicians' assistant, nutrition, health promotion, fitness consulting, cardiac rehabilitation, coaching, research, athletic training, sporting equipment design/sales, sports psychology, and corporate fitness and wellness.

During the spring semester, exercise and sport science majors have the chance to work as personal trainers. This 10-week experience, part of the EXSS 3550 Exercise Testing and Prescription with Lab course, includes conducting fitness assessments and exercise testing, and prescribing an exercise regime for participating faculty and staff members.

St. Kate's exercise and sport science majors have access to a tremendous range of fieldwork sites. Students will work with their advisor to develop a fieldwork that meets their career goals. Fieldwork experiences include fitness centers, corporate health, personal training and physical therapy rehabilitation centers, just to name a few.

See also: [Applied Science in Exercise Science \(http://catalog.stkate.edu/undergraduate/health/exercise-science/applied-science-exercise-science-ba-bs/\)](http://catalog.stkate.edu/undergraduate/health/exercise-science/applied-science-exercise-science-ba-bs/), [Exercise Science and Nutrition \(http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/exercise-science-nutrition-ba-bs/\)](http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/exercise-science-nutrition-ba-bs/), [Pre-Physical Therapy \(http://catalog.stkate.edu/undergraduate/preprofessional-programs/prephysical-therapy/\)](http://catalog.stkate.edu/undergraduate/preprofessional-programs/prephysical-therapy/)

This major is offered in the College for Women only.

Curriculum

Code	Title	Credits
EXSS 2660	Introduction to Exercise and Sport Science	4
EXSS 2800W	Introduction to Research Methods in Exercise Science	4
EXSS 3200	Health Behavior Psychology	4
EXSS 3350	Kinesiology and Biomechanics with Lab	4
EXSS 3400	Foundations of Sport Psychology	4
EXSS 3450	Exercise Physiology with Lab	4
EXSS 3500	Methods of Strength Training and Conditioning	4
EXSS 3550	Exercise Testing and Prescription with Lab	4
EXSS 3615	Motor Learning and Motor Control	4
EXSS 3750	Care and Prevention of Athletic Injuries	2

EXSS 4612	Fieldwork	2
EXSS 4614	Fieldwork	4
EXSS 4860	Capstone	2
REQUIRED First Aid/AED, CPR Certification		

Total Credits 46

Code	Title	Credits
Supporting Courses		
BIOL 2610	Human Anatomy and Physiology I with Lab	4
BIOL 2620	Human Anatomy and Physiology II with Lab	4
CHEM 1110	General Chemistry I with Lab	4
FSNU 2300	Nutrition Foundations	4
FSNU 3400	Sports Nutrition	4
IPE 1030	Healthcare Teams Foundations and Medical Terminology	2
EXSS 2500	Foundations of Longevity and Aging: Aging in a Diverse America	4
IPE 4200W	Healthcare Teams - Evidence-Based Practice	4
PSYC 1001	General Psychology with Lab	4
PSYC 2025	Lifespan Developmental Psychology	4
Total Credits		38

Exercise and sport science majors satisfy the Writing Requirement for Majors and the fourth writing requirement in EXSS 2800W Introduction to Research Methods in Exercise Science and . They complete the Liberal Arts and Sciences Core Writing Requirement with two other writing-intensive courses (CORE 1000W The Reflective Woman and CORE 3990W Global Search for Justice).

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Code	Title	Credits
Fall Term		
PSYC 1001	General Psychology with Lab	4
CHEM 1110	General Chemistry I with Lab	4
EXSS 2650	Introduction to Exercise and Sport Science	1
Spring Term		
EXSS 3200	Health Behavior Psychology	4
IPE 1030	Healthcare Teams Foundations and Medical Terminology	2
PSYC 2025	Lifespan Developmental Psychology	4
Fall Term		
BIOL 2610	Human Anatomy and Physiology I with Lab	4
EXSS 2800W	Introduction to Research Methods in Exercise Science	4
EXSS 2500	Foundations of Longevity and Aging: Aging in a Diverse America	4
FSNU 2300	Nutrition Foundations	4
Spring Term		
BIOL 2620	Human Anatomy and Physiology II with Lab	4
EXSS 3350	Kinesiology and Biomechanics with Lab	4
Fall Term		
EXSS 3450	Exercise Physiology with Lab	4

EXSS 3500	Methods of Strength Training and Conditioning	4
EXSS 3750	Care and Prevention of Athletic Injuries	2
Spring Term		
EXSS 3400	Foundations of Sport Psychology	4
EXSS 3550	Exercise Testing and Prescription with Lab	4
EXSS 3615	Motor Learning and Motor Control	4
FSNU 3400	Sports Nutrition	4
Fall Term		
EXSS 4612	Fieldwork	2
EXSS 4850	Capstone	1
IPE 4200W	Healthcare Teams - Evidence-Based Practice	4
Spring Term		
EXSS 4614	Fieldwork	4
Total Credits		80