



EXERCISE SCIENCE ACADEMIC COURSEWORK

COLLEGE OF HEALTH SCIENCES

BACHELOR OF SCIENCE (B.S.) IN EXERCISE SCIENCE

The B.S. in Exercise Science degree program at Cleveland University-Kansas City (CUKC) is a three-year program. To earn a B.S. degree, a minimum of 124 credit hours must be completed, and a grade of “C” (2.0 on a 4.0 scale) or better must be received in all coursework. At least 36 credit hours must be completed at CUKC.

General Education courses at CUKC are available online, on ground, or as a hybrid.

Your CUKC academic advisor will work with you to evaluate and transfer your prior coursework. Students admitted to the Bachelor of Science in Exercise Science program will be co-advised by the Program Director and faculty.

GENERAL EDUCATION REQUIREMENTS (31 CREDIT HOURS)

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| ENGL 101 | English Composition I | 3 |
| ENGL 102 | English Composition II | 3 |
| MATH 201 | College Algebra | 3 |
| SPCH 101 | Speech | 3 |
| HSCI 102 | Health Science Terminology | 1 |
| ACST 190 | Mastering Life Long Learning | 3 |
| HIST 102 | US History since 1865 or HIST 110 History of American Culture | 3 |
| HIST 210 | History & Philosophy of Biological Sciences | 3 |
| PSYC 110 | General Psychology or SOCI 110 General Sociology | 3 |
| COMM 201 | Communication and Diversity | 3 |
| SOCI 210 | Race & Ethnicity | 3 |

PHYSICAL SCIENCES AND MATHEMATICS (27 CREDIT HOURS)

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| CHEM 240 | General Chemistry I with Lab | 4 |
| CHEM 242 | General Chemistry II with Lab | 4 |
| BIOL 230 | Principles of Biology with Lab | 4 |
| BIOL 250 | Anatomy & Physiology I with Lab | 4 |
| BIOL 251 | Anatomy & Physiology II with Lab | 4 |
| PHYS 220 | Physics I with Lab | 4 |
| MATH 310 | Statistics | 3 |

CORE REQUIREMENTS (41 CREDIT HOURS)

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| EXSC 200 | Introduction to Health Science | 1 |
| EXSC 210 | Measurements in Exercise Science Lab | 1 |
| EXSC 300 | Motor Learning & Control with Lab | 3 |
| EXSC 310 | Group Exercise & Design Lab | 2 |
| EXSC 315 | Kinetic Anatomy & Lab | 3 |
| EXSC 320 | Theory of Strength Training & Conditioning & Lab | 3 |
| EXSC 350 | Exercise & Cardiovascular/Metabolic Disease | 3 |
| EXSC 405 | Exercise Psychology, Communication, & Education | 2 |
| EXSC 410 | Exercise Nutrition | 2 |
| EXSC 415 | Kinesiology of Human Movement | 2 |
| EXSC 420 | Physiology of Exercise | 2 |
| EXSC 421 | Physiology of Exercise Lab | 1 |
| EXSC 425 | Exercise Testing & Prescription | 2 |
| EXSC 440 | Exercise is Medicine | 2 |
| EXSC 490 | Exercise Science Internship | 9 |
| PSYC 234 | Abnormal Psychology | 3 |

ELECTIVES OF DISTINCTION (25 CREDIT HOURS)

Along with their academic advisor, students will arrange clinical education experiences, independent study options, individual research, or other course selections based on personal education and professional goals.

NEED HELP CHARTING YOUR COURSE?
Contact the Office of Admissions at 800.467.2252.