

Exercise Science Major (70 credit hours)

The Exercise Science major provides a mixture of laboratory courses and practical experiences preparing students to understand and apply scientific principles to human movement. Students prepare for careers in fitness training, wellness, adult fitness/cardiac rehab, strength and conditioning of athletes, clinical exercise physiology, and scientific research. Students are required to perform a minimum of 120 hours of practical experience through leadership in campus-based exercise and human performance testing, and an off-campus internship.

Major Requirements:

- BIOL 2410, Human Anatomy and Physiology I, 4 credit hours
- BIOL 2420, Human Anatomy and Physiology II, 4 credit hours
- EXSC 1360, Introduction to Exercise Science, 2 credit hours
- EXSC 1530, Principles of Strength and Conditioning, 3 Credit hours
- EXSC 2455, Foundations of Exercise Leadership, 3 credit hours
- EXSC 2580, Sports Nutrition, 3 credit hours
- EXSC 3470, Physiology of Exercise I, 4 credit hours
- EXSC 3480, Physiology of Exercise II, 4 credit hours
- EXSC 3520, Biomechanics I, 4 credit hours
- EXSC 3530, Biomechanics II, 4 credit hours
- EXSC 4150, Exercise Testing & Prescription, 4 credit hours
- EXSC 4800, Internship in Exercise Science, 4 credit hours
- EXSC 4910, Research in Exercise Science, 3 credit hours
- EXSC 4920, Seminar in Exercise Science, 3 credit hours
- PEHS 1450, First Aid, 2 credit hours
- PSYC 2000, General Psychology, 3 credit hours

4 credit hours from:

- CHEM 1000, Intro to Chemistry, 4 credit hours
- CHEM 2110, General Chemistry I, 4 credit hours

Majors must complete one of the following areas of concentration.

Clinical Exercise Physiology:

- EXSC 4050, EKG and Cardiovascular Disease, 3 credit hours
- EXSC 4160, Clinical Experience in Exercise Testing and Prescription, 1 credit hour

8 Credit hours from:

- BIOL 2010, Medical Terminology, 2 credit hours
- EXSC 4010, Advanced Resistance Training and Conditioning, 3 credit hours
- EXSC 2440, Stress Management, 3 credit hours
- PSYC 3450, Health Psychology, 4 credit hours
- EXSC 3300, Health Implications of Obesity, 3 credits hours
- PUBH/SOCI 3260, Sociology of Health and Illness, 3 credit hours

Pre-Health:

Questions? Please contact the [Department of Kinesiology](#). Rev'd 1/2024

12 Credit hours from:

- BIOL 2010, Medical Terminology, 2 credit hours
- BIOL 2210, Foundations of Modern Biology I, 4 credit hours
- BIOL 2220, Foundations of Modern Biology II, 4 credit hours
- CHEM 2120, General Chemistry II, 4 credit hours
- MATH 2120, Introduction to Statistics with Application, 4 credit hours
- PHYS 2140, General Physics I, 4 credit hours
- PHYS 2150, General Physics II, 4 credit hours
- PSYC 2510, Developmental Psychology, 4 credit hours
- PSYC 3120, Abnormal Psychology, 4 credit hours
- PSYC 3450, Health Psychology, 4 credit hours
- SOCI 2010, Intro to Sociology, 3 hours
- PEHS 1550, Care and Prevention of Injuries and Illnesses, 3 hours

Sports Performance:

- EXSC 4010, Advanced Resistance Training and Conditioning, 3 credit hours

9 Credit hours from:

- BIOL 2010, Medical Terminology, 2 credit hours
 - BIOL 2040, Personal and Community Health, 3 credit hours
 - EXSC 2440, Stress Management, 3 credit hours
 - PEHS 1550, Care and Prevention of Injuries and Illnesses, 3 hours
 - PETE 2250, Motor Behavior, 3 credit hours
 - SPRL 3150, Recreational Leadership, 2 credit hours
 - SPRL 3250, Legal Aspects of Sport and Recreation, 3 credit hours
 - SPRL 3300, Management of Sport Facilities and Events, 3 credit hours
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- CHEM 1000, Intro to Chemistry, is a Scientific Ways of Knowing course in the Liberal Arts Program.
 - CHEM 2110, General Chemistry I, is a Scientific Ways of Knowing in the Liberal Arts Program.
 - EXSC 3480, Physiology of Exercise II, is a Writing Intensive course in the Liberal Arts Program.
 - EXSC 4910, Seminar in Exercise Science, is a Writing Intensive course in the Liberal Arts Program.
 - EXSC 4920, Seminar in Exercise Science, is a Speaking Intensive course in the Liberal Arts Program.
 - PSYC 2000, General Psychology, is a Social & Behavioral Ways of Knowing course in the Liberal Arts Program.

NOTE: All students must complete 120 total credit hours to graduate from Anderson University.

Clinical Exercise Physiology Concentration Proposed course sequence:

Freshman: PEHS 1450, EXSC 1360; PEHS 1450, EXSC 2455

Sophomore: BIOL 2410, EXSC 2580/PSYC 2000;

BIOL 2420, CHEM 1000/Elective, PSYC 2000/EXSC 2580, EXSC 1530

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Junior: EXSC 3470, Concentration Elective, Concentration Elective;
 EXSC 3480, EXSC 4150, Concentration Elective, Concentration Elective
 Summer: EXSC 4800
 Senior: EXSC 3520, EXSC 4910, Concentration Elective; EXSC 3530, EXSC 4050, EXSC 4160, EXSC 4920

Clinical Exercise Physiology Concentration 4 Year Suggested Course Sequence

SEMESTER 1		SEMESTER 2	
EXSC 1360	2 Hours	EXSC 2455	3 Hours
PEHS 1450 or Personal Wellness	2 Hours	ENGL 1120	3 Hours
ENGL 1100/ENGL 1110	3-4 Hours	Personal Wellness or PEHS 1450	2 Hours
LART 1050	1 Hour	Foreign Language or Quantitative Reasoning	3-4 Hours
COMM 1000	3 Hours	Additional Class	3 Hours
Foreign Language or Quantitative Reasoning	3-4 Hours	Additional Class (If desired)	

SEMESTER 3		SEMESTER 4	
BIOL 2410	4 Hours	BIOL 2420	4 Hours
CHEM 2110/Elective	4 Hours	CHEM 1000/Elective	4 Hours
EXSC 2580/PSYC 2000	3 Hours	EXSC 2580/PSYC 2000	3 Hours
BIBL 2000	3 Hours	EXSC 1530	3 Hours
		Additional Class	3 Hours

SEMESTER 5		SEMESTER 6	
EXSC 3470	4 Hours	EXSC 3480	4 Hours
Concentration Elective	2-4 Hours	EXSC 4150	4 Hours
Concentration Elective	2-4 Hours	Concentration Elective	3 Hours
Civic Ways of Knowing	3 Hours	Concentration Elective (If Necessary)	3 Hours
Aesthetic Ways of Knowing	3 Hours	Christian Ways of Knowing	3 Hours

SUMMER	
EXSC 4800	4 Hours

SEMESTER 7		SEMESTER 8	
EXSC 3520	4 Hours	EXSC 3530	4 Hours
EXSC 4910	3 Hours	EXSC 4050	3 Hours
Concentration Elective	3-4 Hours	EXSC 4160	1 Hours
Concentration Elective (If Necessary)	3-4 Hours	EXSC 4920	3 Hours
Civil Discourse & Critical Reasoning	2-4 Hours	Global/Intercultural Ways of Knowing	3 Hours

Pre-Health Concentration Proposed course sequence:

- Freshman: PEHS 1450, EXSC 1360, BIOL 2410; PEHS 1450, EXSC 2455, BIOL 2420
 Sophomore: BIOL 2410, CHEM 2110/Elective, EXSC 2580/PSYC 2000;
 BIOL 2420, CHEM 2120/1000/Elective, PSYC 2000/EXSC 2580, EXSC 1530
 Junior: EXSC 3470, Concentration Elective; EXSC 3480, 4150, Concentration Elective
 Summer: EXSC 4800
 Senior: EXSC 3520, 4910, Concentration Elective; EXSC 3530, 4920, Concentration Elective

Pre-Health Concentration 4 Year Suggested Course Sequence

SEMESTER 1		SEMESTER 2	
EXSC 1360	2 Hours	EXSC 2455	3 Hours
PEHS 1450	2 Hours	ENGL 1120	3 Hours
ENGL 1100/ENGL 1110	3-4 Hours	Personal Wellness	2 Hours
LART 1050	1 Hour	BIOL 2420 or Foreign Language	4 Hours
COMM 1000	3 Hours	Additional Class	3 Hours
BIOL 2410 or Foreign Language	4 Hours		

SEMESTER 3		SEMESTER 4	
Concentration elective or Quantitative Reasoning	3-4 Hours	Quantitative Reasoning or Concentration Elective	3-4 Hours
CHEM 2110	4 Hours	CHEM 2120 or Elective	4 Hours
EXSC 2580/PSYC 2000	3 Hours	EXSC 2580/PSYC 2000	3 Hours
BIBL 2000	3 Hours	EXSC 1530	3 Hours
Additional Class	3-4 Hours	Additional Class	3 Hours

SEMESTER 5		SEMESTER 6	
EXSC 3470	4 Hours	EXSC 3480	4 Hours
Concentration Elective	4 Hours	EXSC 4150	4 Hours
Aesthetic Ways of Knowing	3 Hours	Concentration Elective	4 Hours
Civic Ways of Knowing	3 Hours	Christian Ways of Knowing	3 Hours

SUMMER	
EXSC 4800	4 Hours

SEMESTER 7		SEMESTER 8	
EXSC 3520	4 Hours	EXSC 3530	4 Hours
EXSC 4910	3 Hours	EXSC 4920	3 Hours
Concentration Elective	3 Hours	Concentration Elective	3 Hours
Civil Discourse & Critical Reasoning	2-4 Hours	Global/Intercultural Ways of Knowing	3 Hours

Sport Performance Concentration Proposed course sequence:

- Freshman: PEHS 1450, EXSC 1360; PEHS 1450, EXSC 2455
 Sophomore: BIOL 2410, EXSC 2580/PSYC 2000;
 BIOL 2420, CHEM 1000/Elective, PSYC 2000/EXSC 2580, EXSC 1530
 Junior: EXSC 3470, Concentration Elective; EXSC 3480, 4150
 Summer: EXSC 4800
 Senior: EXSC 3520, 4910, Concentration Electives; EXSC 3530, 4010, 4920

Sport Performance Concentration 4 Year Suggested Course Sequence

SEMESTER 1		SEMESTER 2	
EXSC 1360	2 Hours	EXSC 2455	3 Hours
PEHS 1450 or <i>Personal Wellness</i>	2 Hours	ENGL 1120	3 Hours
ENGL 1100/ENGL 1110	3-4 Hours	<i>Personal Wellness</i> or PEHS 1450	2 Hours
LART 1050	1 Hour	Foreign Language or <i>Quantitative Reasoning</i>	3-4 Hours
COMM 1000	3 Hours	<i>Additional Class</i>	3 Hours
Foreign Language or <i>Quantitative Reasoning</i>	3-4 Hours		

SEMESTER 3		SEMESTER 4	
BIOL 2410	4 Hours	BIOL 2420	4 Hours
CHEM 2110/Elective	4 Hours	CHEM 1000/Elective	4 Hours
EXSC 2580/PSYC 2000	3 Hours	EXSC 2580/PSYC 2000	3 Hours
BIBL 2000	3 Hours	EXSC 1530	3 Hours
<i>Additional Class</i>	3 Hours	<i>Additional Class</i>	3 Hours

SEMESTER 5		SEMESTER 6	
EXSC 3470	4 Hours	EXSC 3480	4 Hours
Concentration Elective	3 Hours	EXSC 4150	4 Hours
<i>Aesthetic Ways of Knowing</i>	3 Hours	<i>Christian Ways of Knowing</i>	3 Hours
<i>Civic Ways of Knowing</i>	3 Hours	<i>Additional Class</i>	3 Hours
<i>Additional Class (If Necessary)</i>	2-3 Hours	<i>Additional Class</i>	3 Hours

SUMMER	
EXSC 4800	4 Hours

SEMESTER 7		SEMESTER 8	
EXSC 3520	4 Hours	EXSC 3530	4 Hours
EXSC 4910	3 Hours	EXSC 4010	3 Hours
Concentration Elective	3 Hours	EXSC 4920	3 Hours
Concentration Elective	2-3 Hours	<i>Global/Intercultural Ways of Knowing</i>	3 Hours
<i>Civil Discourse & Critical Reasoning</i>	2-4 Hours		

Clinical Exercise Physiology Concentration proposed 3 year course sequence:

- Freshman: EXSC 1360, PEHS 1450, BIOL 2410, CHEM 2110/Elective;
EXSC 2455, BIOL 2420, CHEM 1000/Elective
- Summer 1: PSYC 2000
- Sophomore: EXSC 2580, 3470, Concentration Elective; EXSC 3480, 4150, 1530
- Summer 2: EXSC 4800, Concentration Elective
- Junior: EXSC 3520, 4910, Concentration Elective;
EXSC 3530, 4050, 4160, 4920, Concentration Elective

Clinical Exercise Physiology Concentration 3 Year Suggested Course Sequence

SEMESTER 1		SEMESTER 2	
EXSC 1360	2 Hours	EXSC 2455	3 Hours
PEHS 1450 or Personal Wellness	2 Hours	CHEM 1000/Elective	4 Hours
BIOL 2410	4 Hours	BIOL 2420	4 Hours
CHEM 2110/Elective	4 Hours	ENGL 1120	3 Hours
ENGL 1100/ENGL 1110	3-4 Hours	Aesthetic Ways of Knowing	3 Hours
LART 1050	1 Hour	Personal Wellness or PEHS 1450	2 Hours

SUMMER 1	
PSYC 2000	3 Hours
Concentration Elective	3 Hours
COMM 1000	3 Hours

SEMESTER 3		SEMESTER 4	
EXSC 2580	3 Hours	EXSC 3480	4 Hours
EXSC 3470	4 Hours	EXSC 4150	4 Hours
Concentration Elective	2-4 Hours	EXSC 1530	3 Hours
Civic Ways of Knowing	3 Hours	Global/Intercultural Ways of Knowing	3 Hours
BIBL 2000	3 Hours	Quantitative Reasoning	3 Hours
Additional Class (If Necessary)	3 Hours		

SUMMER 2	
EXSC 4800	4 Hours
Concentration Elective or Additional Class	3 Hours

SEMESTER 5		SEMESTER 6	
EXSC 3520	4 Hours	EXSC 3530	4 Hours
EXSC 4910	3 Hours	EXSC 4050	3 Hours
Concentration Elective	2-3 Hours	EXSC 4160	1 Hour
Civil Discourse & Critical Reasoning	2-4 Hours	EXSC 4920	3 Hours
Foreign Language	4 Hours	Concentration Elective (If Necessary) or Additional Class	3 Hours
Additional Class (If Necessary)	2-3 Hours	Christian Ways of Knowing	3 Hours

Pre-Health Concentration proposed 3 year course sequence:

- Freshman: EXSC 1360, PEHS 1450, BIOL 2410, CHEM 2110/Elective;
EXSC 2455, BIOL 2420, CHEM 1000/Elective
- Summer 1: PSYC 2000, Concentration Elective
- Sophomore: EXSC 2580, 3470, Concentration Elective; EXSC 3480, 4150, 1530
- Summer 2: EXSC 4800, Concentration Elective
- Junior: EXSC 3520, 4150, 4910, Concentration Elective;
EXSC 3530, 4920, Concentration Elective, Concentration Elective

Pre-Health Concentration 3 Year Suggested Course Sequence

SEMESTER 1		SEMESTER 2	
EXSC 1360	2 Hours	EXSC 2455	3 Hours
PEHS 1450 or <i>Personal Wellness</i>	2 Hours	CHEM 1000/2120/Elective	4 Hours
BIOL 2410	4 Hours	BIOL 2420	4 Hours
CHEM 2110/Elective	4 Hours	<i>ENGL 1120</i>	<i>3 Hours</i>
<i>ENGL 1100/ENGL 1110</i>	<i>3-4 Hours</i>	<i>Aesthetic Ways of Knowing</i>	<i>3 Hours</i>
<i>LART 1050</i>	<i>1 Hour</i>	<i>Personal Wellness or PEHS 1450</i>	<i>2 Hours</i>

SUMMER 1	
PSYC 2000	3 Hours
Concentration Elective	3 Hours
<i>COMM 1000</i>	<i>3 Hours</i>

SEMESTER 3		SEMESTER 4	
EXSC 2580	3 Hours	EXSC 3480	4 Hours
EXSC 3470	4 Hours	EXSC 4150	4 Hours
Concentration Elective	4 Hours	EXSC 1530	3 Hours
<i>Civic Ways of Knowing</i>	<i>3 Hours</i>	<i>Quantitative Reasoning</i>	<i>4 Hours</i>
<i>BIBL 2000</i>	<i>3 Hours</i>	<i>Additional Class (If Necessary)</i>	<i>3 Hours</i>

SUMMER 2	
EXSC 4800	4 Hours
Concentration Elective	3 Hours

SEMESTER 5		SEMESTER 6	
EXSC 3520	4 Hours	EXSC 3530	4 Hours
EXSC 4910	3 Hours	EXSC 4920	3 Hours
Concentration Elective	4 Hours	EXSC 1530	3 Hours
<i>Civil Discourse & Critical Reasoning</i>	<i>2-4 Hours</i>	<i>Global/Intercultural Ways of Knowing</i>	<i>3 Hours</i>
<i>Foreign Language</i>	<i>4 Hours</i>	<i>Christian Ways of Knowing</i>	<i>3 Hours</i>
		<i>Additional Class (If Necessary)</i>	<i>2 Hours</i>

Sport Performance Concentration 3 year proposed course sequence:

- Freshman: EXSC 1360, PEHS 1550, BIOL 2410, CHEM 2110/Elective;
EXSC 2455, BIOL 2420, CHEM 1000/Elective
- Summer 1: PSYC 2000, Concentration Elective
- Sophomore: EXSC 2580, 3470, Concentration Electives; EXSC 3480, 4150, EXSC 1530
- Summer 2: EXSC 4800, Concentration Elective
- Junior: EXSC 3520, 4910, Concentration Elective; EXSC 3530, 4920, 4010, Concentration Elective

Sport Performance Concentration 3 Year Suggested Course Sequence

SEMESTER 1		SEMESTER 2	
EXSC 1360	2 Hours	EXSC 2455	3 Hours
PEHS 1450 or Personal Wellness	2 Hours	CHEM 1000/Elective	4 Hours
BIOL 2410	4 Hours	BIOL 2420	4 Hours
CHEM 2110/Elective	4 Hours	ENGL 1120	3 Hours
ENGL 1100/ENGL 1110	3-4 Hours	Aesthetic Ways of Knowing	3 Hours
LART 1050	1 Hour	Personal Wellness or PEHS 1450	2 Hours

SUMMER 1	
PSYC 2000	3 Hours
Concentration Elective	3 Hours
COMM 1000	3 Hours

SEMESTER 3		SEMESTER 4	
EXSC 2580	3 Hours	EXSC 3480	4 Hours
EXSC 3470	4 Hours	EXSC 4150	4 Hours
Concentration Elective	2 Hours	EXSC 1530	3 Hours
Concentration Elective	3 Hours	Quantitative Reasoning	3 Hours
Civic Ways of Knowing	3 Hours	Additional Class	3 Hours
BIBL 2000	3 Hours		

SUMMER 2	
EXSC 4800	4 Hours
Concentration Elective or Additional Class	3 Hours
Additional Class (If Necessary)	2-3 Hours

SEMESTER 5		SEMESTER 6	
EXSC 3520	4 Hours	EXSC 3530	4 Hours
EXSC 4910	3 Hours	EXSC 4920	3 Hours
Global/Intercultural Ways of Knowing	3 Hours	EXSC 4010	3 Hours
Civil Discourse & Critical Reasoning	2-4 Hours	Concentration Elective or Additional Class	3 Hours
Foreign Language	4 Hours	Christian Ways of Knowing	3 Hours