

Exercise Sciences and Sport Studies

B.S. in Exercise Science

Program Description

The Bachelor of Science in Exercise Science degree prepares students for careers in wellness and fitness. Students pursuing the program will be prepared to sit for a certification in personal training offered by the National Academy of Sports Medicine (NASM).

Fall and spring semesters include two 8-week terms each. The summer includes two 5-week terms or one 10-week term.

Delivery Mode

Global Online (100% online)

Curriculum

The following sequence is one of three potential sequences for this program. The program has different matriculation dates, necessitating this need. Visit our website at <https://www.calu.edu/catalog/current/cohort-sequences.aspx> to determine which sequence best fits your situation.

Course	Credits
Year 1	
First Semester (Fall)	13
FIT 100 Intro to Fitness	3
FIT 125 Fundamentals of Speed Training	3
HSC 110 Anatomy and Physiology I	4
SPT 300 Psychology of Sport	3
Second Semester (Spring)	13
ATE 340 Sports Nutrition	3
FIT 115 Applied Anatomy and Physiology in Wellness and Fitness	4
HSC 115 Current Health Issues	3
SPT 305 Ethics in Sport	3
Third Semester (Summer)	16
General Education or Electives	16
Year 2	
Fourth Semester (Fall)	12
FIT 300 Business Aspects of Fitness	3
FIT 305 Motivational Strategies in Wellness and Fitness	3

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Course	Credits
HSC 275 Functional Kinesiology	3
SPT 400 Legal Aspects of Sport	3
Fifth Semester (Spring)	12
FIT 250 Current Topics and Strategies for Youth Fitness	3
FIT 325 Integrated Personal Fitness Training	3
FIT 335 Integrated Personal Fitness Program Design	3
HSC 325 Physiology of Exercise	3
Sixth Semester (Summer)	15
General Education or Electives	15
Year 3	
Seventh Semester (Fall)	12
FIT 380 Wellness and Fitness for the Aging Population	3
FIT 405 Wellness Seminar I	3
FIT 425 Evaluating Research in Fitness and Wellness	3
FIT 430 Applications of Research in Fitness and Wellness	3
Eighth Semester (Spring)	12
FIT 350 Fitness and Special Populations	3
FIT 401 Leadership Concepts and Actions in Wellness and Fitness	3
FIT 410 Wellness Seminar II	3
FIT 420 Contemporary Issues in Wellness and Fitness	3
Ninth Semester (Summer)	15
General Education or Electives	15
Total	120

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Program Webpage

<https://www.calu.edu/academics/undergraduate/bachelors/exercise-science/index.aspx>