

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

Course	Credits
General Education Courses	40 or 41
<i>Building a Sense of Community</i> UNI 100 First-Year Seminar	1
<i>Composition</i> ENG 101 English Composition I	3
<i>Public Speaking</i> Any Oral Communication Course	3
<i>Mathematics and Quantitative Literacy</i> Any Mathematics and Quantitative Literacy Course	3
<i>Health and Wellness</i> HSC 115 Current Health Issues	3
<i>Technological Literacy</i> Any Technological Literacy Course	3
<i>Humanities</i> Any Humanities Course	3
<i>Fine Arts</i> Any Fine Arts Course	3
<i>Natural Sciences</i> HSC 110 Human Anatomy and Physiology I	4
<i>Social Sciences</i> Any Social Sciences Course	3
<i>General Education Options</i> <ul style="list-style-type: none"> • SPT 305 Ethics in Sport • ATE 340 Sports Nutrition OR HSC 250 Nutrition for Wellness • Any General Education Options Courses (two courses) 	12

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Course	Credits
Required Major Courses	49
FIT 100 Intro to Fitness	3
FIT 115 Applied Anatomy and Physiology in Wellness and Fitness	4
FIT 125 Fundamentals of Speed Training	3
FIT 250 Current Topics and Strategies for Youth Fitness	3
FIT 300 Business Aspects of Fitness	3
FIT 305 Motivational Strategies in Wellness and Fitness	3
FIT 325 Integrated Personal Fitness Training	3
FIT 335 Integrated Personal Fitness Program Design	3
FIT 350 Fitness for Special Populations*	3
FIT 380 Wellness and Fitness for the Aging Population	3
FIT 401 Leadership Concepts and Actions in Wellness and Fitness	3
FIT 405 Wellness Seminar I	3
FIT 410 Wellness Seminar II*	3
FIT 420 Contemporary Issues in Fitness*	3
FIT 425 Evaluating Research in Fitness and Wellness	3
FIT 430 Application of Fitness and Wellness Research	3
Required Related Courses	12
SPT 300 Psychology of Sport	3
SPT 400 Legal Aspects of Sport	3
HSC 275 Functional Kinesiology	3
HSC 325 Physiology of Exercise	3
Free Electives	18

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Course	Credits
Total	120

Additional requirements, not counted toward the General Education requirements, include:

- **Special Experience Course (1 course required):** FIT 410 Wellness Seminar II
- **Writing-Intensive Component Courses (2 courses required):** FIT 425 Evaluation Research in Fitness and Wellness AND FIT 430 Application of Fitness and Wellness Research
- **Laboratory Course (1 course required):** FIT 115 Applied Anatomy and Physiology in Wellness and Fitness

* An internship option is also available; students may substitute **FIT 499** Exercise Science Internship (9 credits) for three 3-credit didactic courses (FIT 350, 410 and 420). Students may also elect to complete an internship as elective credit (SPT 499) if they wish to complete all courses in the didactic.

Program Notes:

- Students must earn a cumulative GPA of 2.0 or higher to participate in an internship and to be eligible for graduation.
- All General Education/Elective credits, all SPT, all HSC and ATE courses can be completed on campus.
- All FIT prefix courses are completed online.

Program Webpage

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