

# EXERCISE PHYSIOLOGY, B.S.

At its core, Exercise Physiology is the study of physiological mechanisms underlying physical activity. In this program, students learn how to deliver treatment services focused on the improvement of health and fitness, rehabilitate heart disease and other chronic diseases and provide professional guidance to athletes and other active people who are training for their sport or activity.

## Contact Information

exp@css.edu

## Learning Outcomes

Upon completion of the Bachelor's Degree in Exercise Physiology at The College of St. Scholastica, the graduate will be able to:

1. Analyze the principles of human movement.
2. Perform clinical assessments of and exercise protocols for different human populations.
3. Evaluate research articles.
4. Integrate nutritional requirements with human physiology.
5. Demonstrate professional behavior in academic and clinical settings.

## Requirements

Students must achieve the following program requirements for all courses listed under Program Requirements and Program Required Courses for the Exercise Physiology major.

### Program Requirements

**Major Credits: 68-80**

**Major Residency Credits: 16**

**Minimum GPA: 2.7**

**Minimum Grade: C-**

### Program Required Courses

Code	Title	Credits
BIO 2510	Human Anatomy and Physiology I	4
BIO 2520	Human Anatomy and Physiology II	4
CHM 1040	General, Organic, and Biochemistry for Health Sciences	4
or CHM 1110	General Chemistry I	
EXP 3321	Kinesiology	4
EXP 3322	Biomechanics	4
EXP 3323	Sports Nutrition	4
EXP 3331	Exercise Physiology	4
EXP 3332	Physiological Assessment	4
EXP 3334	Cardiopulmonary Rehabilitation	4
EXP 3342	Strength and Conditioning	4
EXP 4431	Advanced Exercise Physiology	4
EXP 4436	EXP Research I	4
EXP 4438	Exercise Electrocardiography and Graded Exercise Testing	4
EXP 4555	Internship	4-16
PSC 2001	Physics I	4
PSY 2208	Lifespan Developmental Psychology	4

PSY 3331	Statistics	4
<b>Total Credits</b>		<b>68-80</b>

### Doctor of Physical Therapy Intended

Students who are completing the Bachelor of Science in Exercise Physiology with the intention of pursuing the Doctor of Physical Therapy program are advised to complete the following curriculum

Code	Title	Credits
<b>DPT Intended Courses</b>		
EXP, B.S. Major Requirements plus:		68
BIO 1125	Foundations in Biology	4
BIO 2020	Microbiology	4
or BIO 3450	Super Physiology	
or BIO 3120	Vertebrate Zoology	
or BIO 4180	Animal Behavior	
CHM 1120	General Chemistry II	4
HSC 2209	Medical Terminology	2
PSC 2002	Physics II	4
PSY 3423	Abnormal Psychology	4
<b>Total Credits</b>		<b>90</b>

### Degree Requirements

To graduate from The College of St. Scholastica, baccalaureate students must meet the following minimum degree requirements.

**Total Credits: 128**

**Upper Division Credits: 42**

**Residency Requirement: 32**

**Minimum GPA: 2.0**