

Department of Kinesiology, Leisure and Sport Sciences

**Bachelor of Science Degree in
Physical Education
EXERCISE SCIENCE CONCENTRATION**

The Exercise Science concentration is a multidisciplinary approach to exercise, fitness, and wellness. This concentration is suggested for the student who is interested in a career in cardiac rehabilitation, sports medicine, physical therapy, corporate fitness, and related fields. The primary emphasis is on the effects of exercise on various body systems. Support studies provide a knowledge base oriented toward lifestyle maintenance and health promotion/risk reduction.

TBR General Education Requirements 41 - 42 Credit Hours

Typically Offered	Major Core Requirements		20 Credit Hours
Fall, Spring	PHED 1130	Fitness for Life	2
Fall, Spring	PEXS 2955	Care and Prevention of Athletic Injuries	3
Fall, Spring	PEXS 3032	Psychomotor Development in Children	3
Fall, Spring	PEXS 3080	Teaching Aerobic Conditioning	3
Fall, Spring	PEXS 3510	Foundations of Physical Education (WO)	3
Fall, Spring	SALM 4210	Legal Issues & Risk Mgmt in S & L Act (WO)	3
	PUBH 2030	First Aid and Emergency Care	3

Exercise Science Concentration			47 Credit Hours
Fall	PEXS 3610	Exercise Physiology I (T)	3
Spring	PEXS 3655	Sports Nutrition	3
Fall	PEXS 4061	Exercise Fitness Testing	3
Spring	PEXS 4062	Cardiovascular Exercise Testing & Electrocard	3
Fall	PEXS 4270	Structural Kinesiology	3
Fall	PEXS 4467	Metabolic Aspts of Nutr & Exercise in Disease	3
Spring	PEXS 4620	Exercise Physiology II	3
Fall, Spring	PEXS 4630	Exercise Science Internship I	6
Fall, Spring	PEXS 4631	Exercise Science Internship II	6
Fall	PEXS 4977	Exercise Mgmt for Persons Chronic Dis & Disa	3
	FACS 2420	Principles of Nutrition	3
	HSCI 3000	Human Anatomy	4
	HSCI 3020	Human Physiology	4

Guided Electives	9 Credit Hours
Electives	<u>3 Credit Hours</u>
Total Hours Required for Degree	120 Credit Hours

EXERCISE AND SPORT SCIENCES LABORATORY

The Exercise and Sport Sciences Laboratory is a 2,500 square-foot facility located in 113 Memorial Center at East Tennessee State University which offers students a unique opportunity to study variables in the exercise and sport sciences. The ESS Laboratory provides access to modern testing equipment that is designed to increase the students' understanding of the human body and how it functions in various exercise capacities. Equipment in the lab includes 2 metabolic carts, 4 EKG units, 2 Quinton treadmills, state-of-the-art strength/power testing equipment including 3 force plates, and a hydrostatic weight tank. The equipment is incorporated into lecture and lab experiences designed to enhance the students' educational and research experiences. With these experiences students develop a solid foundation in the principles of exercise and sport physiology, and human performance. This scientific foundation creates a solid base for students entering a variety of fields including adult fitness/wellness, teaching, coaching, as well as those students wishing to pursue an advanced degree.

ADMISSION REQUIREMENTS

Students successfully matriculating may declare Exercise Science as a major.

PROGRAM INFORMATION

For more information please contact the Undergraduate Exercise Science Program Coordinator:

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FINANCIAL ASSISTANCE

Various forms of financial assistance are available through the Office of Financial Aid. Information may be found at <http://www.etsu.edu/finaid/default.asp>. In addition, student assistant positions may be available within the Department of Kinesiology, Leisure and Sport Sciences.

DEPARTMENTAL WEBSITE

For more information about the Department of Kinesiology, Leisure and Sport Sciences, please visit our website at <http://www.etsu.edu/coe/pexs/default.asp>.