

EXAMPLE FOUR-YEAR PLAN

EXERCISE SCIENCE | 120 CREDITS

MAJOR

CORE

ELECTIVES

FIRST YEAR

FALL Courses

EXS 130 Introduction to Exercise Science	1
SYM 110 Leadership for Social Justice	3
MAT 105 College Algebra I	4
ENG 110 or 120 College Writing	3
PSY 103 Introduction to Psychology	4
TOTAL	15 credits

SPRING Courses

BIO 211 Human Anatomy and Lab	4
BIO 250 Cell Biology	3
ENG 120 College Writing	4
COM 104 Public Speaking	2
World Language	3
TOTAL	16 credits

SOPHOMORE YEAR

FALL Courses

EXS 275 Strength Training and Conditioning	4
BIO 212 Human Physiology and Lab	4
EXS 385 Modern Health and Wellness	2
SEA 101 Search for Meaning	4
Behavioral Science Elective	3
TOTAL	17 credits

SPRING Courses

EXS 265 Fitness Formats and Trends	3
PHY 202 Physics II and Lab	4
MAT 216 Statistics	4
Fine Arts Core	3
Core Elective	3
TOTAL	17 credits

JUNIOR YEAR

FALL Courses

EXS 255 Health Care Teams: Evidence based practice	1
EXS Certification preparation course	4
EXS 335 Kinesiology and Biomechanics	4
History core elective	3
EXS 401 Health care teams: Special challenges	1
BIO 411 Exercise Physiology and lab	4
TOTAL	17 credits

SPRING Courses

EXS 355 Exercise testing and prescription	4
Philosophy elective	3
EXS field work	4
Literature Core Elective	3
Core Elective	3
TOTAL	14 credits

SENIOR YEAR

FALL Courses

EXS 361 Motor learning and control	3
PSY 340 Foundations of Sport Psychology	4
Theology elective	4
DTS 250 Nutrition principles	3
EXS field work	1
TOTAL	15 credits

SPRING Courses

EXS 375 Care and prevention of athletic injuries	3
Biology 400 level course	4
BIO 102 Introduction to Ecology and Evolution and Lab	4
EXS field work	3
OCT 201 Medical Terminology	1
EXS field work	2
TOTAL	17 credits

UPDATED OCTOBER 2023

This example plan is intended to outline the number and types of courses a student might take in order to fulfill the degree, major, core and elective requirements to graduate. Students meet with their academic advisor each semester to review progress toward fulfilling their degree requirements.

EXERCISE SCIENCE

SCHOOL OF ARTS & SCIENCES



Exercise science practitioners inspire others to better their health and performance

A degree in exercise science prepares students to enter a variety of work environments and support others on their health and fitness journeys. Students can earn two certificates* while they complete their degree:

- Group exercise instructor
- Personal trainer

Students will also be prepared for their exams after graduation in:

- National Strength & Conditional Association
- Exercise Physiologist

The program also provides the perfect foundation for graduate programs in: nutrition and dietetics, occupational therapy, kinesiology, medical school, athletic training, sports psychology, sports marketing & management, physical therapy or a physician's assistant program.

Through Mount Mary's exercise science program, students will learn:

- Science and psychology
- Body mechanics and physiology
- Exercise modes and monitoring physical responses for diverse populations
- Professional standards for personal training and/or group exercise
- Ethics and motivation of exercise science

*Certification/Licensure

The exercise science program provides students the opportunity to obtain three certifications while completing the degree. The certifications are as follows:

- National Academy of Sports Medicine: Personal Trainer Certification
- Athletics and Fitness Association of America: Group Fitness Instructor Certification
- American College of Sports Medicine: Exercise Physiologist Certification
- National Strength & Conditioning Association

Facilities and Technology

Classes will take place in the newly re-imagined Caroline Hall Gym and Fitness Center. These facilities will be shared with Mount Mary's Blue Angel Athletes for training, body mechanics and group exercise classes. There will also be a biometrics lab specifically designed for exercise science in Notre Dame Hall.

CAREER OPPORTUNITIES

The Bureau of Labor Statistics projects a 23% growth in employment of Exercise Science professionals from 2016-2026. Students graduating with a degree in exercise science might pursue careers in one of the following areas:

- Exercise physiologist
- Health coach / wellness coach
- Cardiac rehab specialist
- Corporate wellness
- Health and wellness coordinator
- K-12 physical educator
- Fitness center management
- Fitness coordinator

LEARN MORE ONLINE

For additional information about Mount Mary University's exercise science major, please visit mtmary.edu/academics.

CONNECT WITH US ON FACEBOOK

facebook.com/mmu

