

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

The BS in Exercise Science is a four-year 120-credit major designed to prepare students for careers in exercise, fitness, and health/wellness. In particular, the program will emphasize the roles of physical activity, nutrition, social and behavioral health including mindfulness in disease prevention and treatment. There are lab-based classes emphasizing small group learning and hands-on skills assessment. Students will be expected to complete at least one internship.

Our bachelor's degree program gives students the flexibility to take their education straight into careers such as health promotion, strength & conditioning, and corporate fitness or prepares them to apply for advanced training in clinical healthcare fields. Students who enjoy science courses and are passionate about helping people optimize their health may consider this major.

The BS in Exercise Science program requires a minimum of 120 credits for degree completion.

Code	Title	Credits
University Curriculum (http://catalog.qu.edu/academics/university-curriculum/)		46
Core Math & Sciences		
BIO 101 & 101L	General Biology I and General Biology I Lab ¹	
BIO 102 & 102L	General Biology II and General Biology Lab II ¹	
CHE 101 & 101L	Fundamentals of General, Organic and Biological Chemistry I and Fundamentals of General, Organic and Biological Chemistry I Lab	4
	or CHE 110 General Chemistry I and General Chemistry I Lab & 110L	
CHE 102 & 102L	Fundamentals of General, Organic and Biological Chemistry II and Fundamentals of General, Organic and Biological Chemistry II Lab	4
	or CHE 111 General Chemistry II and General Chemistry II Lab & 111L	
BIO 211 & 211L	Human Anatomy and Physiology I and Human Anatomy and Physiology Lab I	4
BIO 212 & 212L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
MA 275	Biostatistics ¹	
PS 101	Introduction to Psychology ¹	
PS 272	Psychopathology ¹	
Major Classes		
EXSCI 100	Introduction to Exercise Science	2

BMS 200	Biomedical Basis and Experience of Human Aging	3
HSC 262	Nutrition in Health and Illness	3
HSC 290	Introduction to Kinesiology	3
BMS 300 & 300L	The Physiology of Human Performance I and The Physiology of Human Performance I Lab	4
BMS 301	Physiology of Human Performance II	3
HSC 303	Nutrition for Sports & Fitness	3
HSC 309	Human Motor Development	3
HSC 397	Pre-Health Professions Clinical Affiliation	3
MG 205	Organizational Management ¹	
EXSCI 200	Introduction to Fitness and Conditioning	3
	Advanced Kinesiology (in development)	3
	Exercise Testing & Prescription (in development)	4
	Behavior Modification in Health & Wellness (in development)	3
Open Electives		18
Total Credits		120

¹ Course credits are required for the major and count toward the 46-credit requirement for the University Curriculum.

Course plans are subject to change. Course availability, potential transfer credits, and course prerequisite completion may influence the final course schedule for each student.

Course	Title	Credits
First Year		
Fall Semester		
BIO 101 & 101L	General Biology I and General Biology I Lab	4
CHE 101 & 101L or CHE 110/110L	Fundamentals of General, Organic and Biological Chemistry I or General Chemistry I	4
EN 101	Introduction to Academic Reading and Writing	3
FYS 101	First-Year Seminar	3
HSC 202 or EXSCI 100	Medical Terminology or Introduction to Exercise Science	2
Credits		16
Spring Semester		
BIO 102 & 102L	General Biology II and General Biology Lab II	4
CHE 102 & 102L or CHE 111/111L	Fundamentals of General, Organic and Biological Chemistry II or General Chemistry II	4
EN 102	Academic Writing and Research	3
MA 275	Biostatistics	3

HSC 202 or EXSCI 100	Medical Terminology or Introduction to Exercise Science	2
Credits		16
Second Year		
Fall Semester		
BIO 211 & 211L	Human Anatomy and Physiology I and Human Anatomy and Physiology Lab I	4
EXSCI 200	Introduction to Fitness and Conditioning	3
PS 101	Introduction to Psychology	3
HSC 262	Nutrition in Health and Illness	3
UC Humanities		3
Credits		16
Spring Semester		
BIO 212 & 212L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
PS 272	Psychopathology	3
HSC 290	Introduction to Kinesiology	3
HSC 209	Introduction to Health Disparities	3
UC Humanities		3
Credits		16
Third Year		
Fall Semester		
HSC 309	Human Motor Development	3
HSC 303	Nutrition for Sports & Fitness	3
BMS 300 & 300L	The Physiology of Human Performance I and The Physiology of Human Performance I Lab	4
UC Personal Inquiry 2		3
Advanced Kinesiology (in development)		3
Credits		16
Spring Semester		
BMS 301	Physiology of Human Performance II	3
Open Elective		3
UC Fine Art		3
UC Personal Inquiry 2		3
Exercise Testing & Prescription (in development)		4
Credits		16
Fourth Year		
Fall Semester		
BMS 200	Biomedical Basis and Experience of Human Aging	3
Open Elective		6
Behavior Modification in Health & Wellness (in development)		3
Credits		12
Spring Semester		
SHS 420	Integrative Capstone	3
HSC 397	Pre-Health Professions Clinical Affiliation	3
MG 205	Organizational Management	3
Open Elective		3
Credits		12
Total Credits		120

Students in Exercise Science will:

1. Demonstrate critical thinking skills and the ability to apply knowledge related to key concepts in health and exercise science.
2. Understand the importance of physical activity for physical and mental health and to prevent disease and disability across the age spectrum.
3. Demonstrate practical knowledge of human anatomy and physiology through active learning, laboratory settings, and supervised capstone projects and internship experiences.
4. Demonstrate the ability to communicate effectively through oral and written presentations. These important skills of communication will focus on the ability to locate and summarize scientific information and distinguish between evidence-based facts and misinformation or unsubstantiated fads.
5. Demonstrate the ability to design and implement a comprehensive community-based program for people of all ages and abilities.
6. Develop the needed collaborative skills to work cooperatively within a productive team, while engaging with individuals of diverse backgrounds.

Admission Requirements

Admission into the Exercise Science program is dependent on the applicant's potential to pursue a university program and on past academic performance. The high school student applying for admission into the Exercise Science Program program should have a strong background in the biological sciences. To remain in good standing within the program, the student must maintain a science GPA of 2.50. First-year biology (8 credits) must be successfully completed, at the latest, by the end of a student's sophomore year.

Transfer Students from within Quinnipiac University

Students currently attending Quinnipiac in another program may be accepted into the Exercise Science program based upon a review of qualification by the program director and space availability. Students with a science GPA of 2.50 minimum may apply upon completion of at least one semester at Quinnipiac. Students transferring in as a junior (i.e., 57 credits or more) must have completed the general biology requirements, specifically, the equivalent of 8 credits of Quinnipiac's BIO 101 & BIO 102, *or* BIO 150 & BIO 151 *or* BIO 211 & BIO 212, prior to entry into the upper-class component of the program. Program-specific classes must be taken in sequence; this may affect a transfer student's ability to graduate within 4 years. Each transfer student should discuss implications of this with an academic adviser.

Transfer Students from Other Colleges and Universities

Transfer students from other colleges and universities may be accepted into the Exercise Science program. These students must meet the program's performance standards and course requirements. For all transfer students, a minimum GPA of 2.50 is required. These students must have earned at least 8 credits of biology if entering their junior or senior year (i.e., having earned 57 credits or more), and performance standards of the program (science GPA minimum 2.50). Program-specific classes must be taken in sequence; this may affect a transfer student's ability to graduate within 4 years. Each transfer student should discuss implications of this with an academic adviser.

EXSCI 100. Introduction to Exercise Science. 2 Credits.

An introductory course designed for students considering a career in the broad area of exercise science. Career settings include the disciplines of exercise physiology, sport psychology, motor behavior, biomechanics, athletic training and sports medicine. Professional opportunities in the field as well as current trends in research will be presented.

Prerequisites: None

Offered: Every year, Fall and Spring

EXSCI 200. Introduction to Fitness and Conditioning. 3 Credits.

An introductory lab and lecture course will teach the fundamentals of basic fitness and exercise. Students will engage in fitness assessments and design of personal conditioning programs for healthy subjects.

Prerequisites: Acceptance in the exercise science major or permission of course instructor required.

Offered: As needed, Fall and Spring

Pre-Medical Studies

The Pre-Medical Studies Designation is designed for undergraduate students who are interested in pursuing doctoral or advanced professional degrees in medicine such as MD, DO, DDS/DMD, PharmD, OD, DPM, DPT or DVM and allows students to enroll in and track typical medical or professional school course requirements. Students in any major may pursue the Pre-Medical Studies designation. Interested students should refer to the Pre-Medical Studies page for more information.

Transfer Students from within Quinnipiac University

Students currently attending Quinnipiac in another program may be accepted into the Exercise Science program based upon a review of qualification by the department chairperson or their designee. Students with a science GPA of 2.50 minimum may apply upon completion of at least one semester at Quinnipiac. Students transferring in as a junior (i.e., 57 credits or more) must have completed the general biology requirements, specifically, the equivalent of 8 credits of Quinnipiac's BIO 101 & BIO 102, or BIO 150 & BIO 151 or BIO 211 & BIO 212, prior to entry into the upper-class component of the program. Students transferring in during or after sophomore year may require additional time to graduate as courses are offered in sequence. Please plan accordingly with your academic adviser.

Transfer Students from Other Colleges and Universities

Transfer students from other colleges and universities may be accepted into the Exercise Science program. These students must meet the program's performance standards and course requirements. For all transfer students, a minimum GPA of 2.50 is required. Students transferring in during or after sophomore year may require additional time to graduate as courses are offered in sequence. Please plan accordingly with your academic adviser.