Nebraska Wesleyan University

Exercise Science (B.S.)

Catalog

2018-2019

Program Description

As the most popular Health and Human Performance major, nearly 50% of our Exercise Science students apply to graduate schools to study physical therapy, physician's assistant, chiropractic or occupational therapy. An internship and a full-year of research and statistics are required.

Students interested in health-related professions such as physical therapy, occupational therapy and chiropractics may elect to major in Exercise Science. Students should consult with their advisor regarding pre professional requirements and suggested program of study.

Learning Outcomes
Majors will be able to:

1. Possess understanding of human anatomy, physiology, and biomechanics of movement and performance.
2. Demonstrate proficiency in assessing health, fitness, and well-being and prescribing programs to achieve goals in a safe and effective environment.
3. Demonstrate practical application of knowledge and ethical decision making in an appropriately supervised organizational setting.
4. Analyze and effectively communicate (oral and written) scholarly work in health and human performance.

Departments

1. Health and Human Performance

Exercise Science Major (56 hours)

Required Courses	31 hours
BIO 1090 Introduction to Human Anatomy and Physiology I and BIO 1090L Introduction to Human Anatomy and Physiology I Laboratory	4 hours
BIO 1100 Introduction to Human Anatomy and Physiology II and BIO 1100L Introduction to Human Anatomy and Physiology II Lab	4 hours
HHP 1270 Advanced Emergency Care	1 hour
HHP 1320 Introduction to Allied Health	1 hour
HHP 1910 Medical Terminology	1 hour
HHP 2500 Basic Human Nutrition	2 hours
HHP 3800 Research and Statistical Methods - I	2 hours
HHP 3810 Research and Statistical Methods - II	2 hours
HHP 3850 Biomechanics and Kinesiology	4 hours
HHP 4150 Physiology of Exercise	4 hours
HHP 4250 Exercise Testing and Programming	3 hours

Required Courses	31 hours
HHP 4970 Internship	3 hours

Select 8 hours from the following courses:	8 hours

- HHP 1300 Prevention and Care of Athletic Injuries
- HHP 2600 Advanced Human Nutrition
- HHP 2650 Strength Training and Conditioning for Coaches
- HHP 2660 Personal Training
- HHP 2720 Introduction to Massage Therapy
- HHP 2760 Sport and Exercise Psychology
- HHP 2800 Cardiac Rehabilitation
- HHP 3100 Worksite Health Promotion
- HHP 3120 Motor Learning and Control
- AT 2400 Physical Exam of the Lower Extremity
- AT 2410 Physical Exam of the Upper Extremity
- AT 3330 Health Assessment

Science Requirement	16 hours

Select four science courses with labs. Must be from at least two departments. Check with your intended graduate school and your advisor. Suggestions:

- BIO 1080 Microbiology
- BIO 1400FYW Introduction to Biological Inquiry
- BIO 2200 Genetics and Cell Biology
- CHEM 1110 Chemical Principles I and CHEM 1110L Chemical Principles I Laboratory
- CHEM 1120 Chemical Principles II and CHEM 1120L Chemical Principles II Laboratory
- CHEM 2100 Organic Chemistry I and CHEM 2100L Organic Chemistry I Laboratory
- PHYS 1600 Principles of Physics I
- PHYS 1700 Principles of Physics II

Capstone Courses	1 hour
HHP 4980 Professional Engagement	1 hour
HHP 4990 Senior Assessment and Comprehensive Exam	0 hours