

# EXERCISE SCIENCE AND NUTRITION - BS

This unique major provides an excellent overview of both exercise science and nutrition. It is an ideal choice for students who want to deepen their knowledge of fitness and wellness. Exercise science and nutrition graduates are well-suited to work in health clubs, corporate or community wellness programs, or as wellness entrepreneurs. This major is also excellent preparation for graduate studies in exercise physiology, sports medicine, public health, and many other health sciences.

This program includes fundamental courses from both the exercise and sport science and nutrition science curriculums. Some courses in this program also prepare students for additional nationally recognized certifications. For example, **Exercise Testing and Prescription** prepares students to sit for the American College of Sports Medicine Certified Clinical Exercise Physiologist (CEP) exam.

Exercise science and nutrition majors will have access to a wide range of potential internship sites. Students work with their advisors to develop required internships that meet their career goals. Internship experiences include fitness centers, corporate fitness organizations, and school nutrition programs, just to name a few.

See also: Nutrition Science (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/nutrition-science-ba-bs/>), Exercise and Sport Science (<http://catalog.stkate.edu/undergraduate/health/exercise-science/exercise-sport-science-ba-bs/>)

This major is offered in the College for Women only.

## Curriculum

Code	Title	Credits
<b>Exercise and Sport Science Courses</b>		
EXSS 2660	Introduction to Exercise and Sport Science	4
EXSS 2800W	Introduction to Research Methods in Exercise Science	4
EXSS 3200	Health Behavior Psychology	4
EXSS 3450	Exercise Physiology with Lab	4
EXSS 3500	Methods of Strength Training and Conditioning	4
EXSS 3550	Exercise Testing and Prescription with Lab	4
EXSS 4860	Capstone	2
<b>Nutrition Courses</b>		
FSNU 2300	Nutrition Foundations	4
FSNU 2900	Food Science with Lab	4
FSNU 3400	Sports Nutrition	4
FSNU 3770	Nutrition Education and Counseling	4
FSNU 4270	Current Issues in Foods and Nutrition	4
<b>Select eight credits from:</b>		<b>8</b>
EXSS 4604	Internship	
FSNU 3340	Life Cycle Nutrition-Peds	
FSNU 3360	Life Cycle Nutrition-Adults	
FSNU 3600	Foodservice Operations Management with Lab	
FSNU 3800	Intercultural and Community Nutrition with Lab	

FSNU 4602	Internship	
FSNU 4604	Internship	
FSNU 4300W	Advanced Nutrition	4
All exercise science and nutrition students are required to complete a senior portfolio		

**Total Credits** 58

Code	Title	Credits
<b>Required Supporting Courses</b>		
BIOL 2200	Introduction to Microbiology with Lab	4
BIOL 2610	Human Anatomy and Physiology I with Lab	4
BIOL 2620	Human Anatomy and Physiology II with Lab	4
CHEM 1110	General Chemistry I with Lab	4
IPE 1030	Healthcare Teams Foundations and Medical Terminology	2
IPE 4200W	Healthcare Teams - Evidence-Based Practice	4
PHIL 3400	Biomedical Ethics	4
PSYC 1001	General Psychology with Lab	4
PSYC 2025	Lifespan Developmental Psychology	4
Select one from:		4
ECON 1080	Statistical Analysis for the Social Sciences	
ECON 1090	Statistical Analysis for Decision Making	
HLTH 1090	Biostatistics	
PSYC 1090	Statistical Methods in Psychology	
STAT 1089	Statistical Analysis with Corequisite	
STAT 1090	Statistical Analysis	

**Total Credits** 38

Exercise science and nutrition majors satisfy the Writing Requirement for Majors and the fourth writing requirement by completing EXSS 2800W Introduction to Research Methods in Exercise Science and IPE 4200W Healthcare Teams - Evidence-Based Practice. They complete the Liberal Arts and Sciences Core Writing Requirement with two other writing-intensive courses (CORE 1000W The Reflective Woman and CORE 3990W Global Search for Justice).

Code	Title	Credits
<b>Fall Term</b>		
CHEM 1110	General Chemistry I with Lab	4
EXSS 2650	Introduction to Exercise and Sport Science	1
PSYC 1001	General Psychology with Lab	4
<b>Spring Term</b>		
BIOL 2200	Introduction to Microbiology with Lab	4
FSNU 2300	Nutrition Foundations	4
IPE 1030	Healthcare Teams Foundations and Medical Terminology	2
PSYC 2025	Lifespan Developmental Psychology	4
<b>Fall Term</b>		
BIOL 2610	Human Anatomy and Physiology I with Lab	4
FSNU 2900	Food Science with Lab	4
<b>Spring Term</b>		
BIOL 2620	Human Anatomy and Physiology II with Lab	4
EXSS 3200	Health Behavior Psychology	4
Select one from:		4

ECON 1080	Statistical Analysis for the Social Sciences	
ECON 1090	Statistical Analysis for Decision Making	
HLTH 1090	Biostatistics	
PSYC 1090	Statistical Methods in Psychology	
STAT 1089	Statistical Analysis with Corequisite	
STAT 1090	Statistical Analysis	
<b>Fall Term</b>		
EXSS 3450	Exercise Physiology with Lab	4
FSNU 4270	Current Issues in Foods and Nutrition	4
IPE 4200W	Healthcare Teams - Evidence-Based Practice	4
Spring Term		
EXSS 2800W	Introduction to Research Methods in Exercise Science	4
EXSS 3550	Exercise Testing and Prescription with Lab	4
FSNU 3770	Nutrition Education and Counseling	4
PHIL 3400	Biomedical Ethics	4
<b>Summer Term</b>		
Select one from:		2-4
EXSS 4612	Fieldwork	
EXSS 4614	Fieldwork	
FSNU 4602	Internship	
FSNU 4604	Internship	
<b>Fall Term</b>		
EXSS 3500	Methods of Strength Training and Conditioning	4
EXSS 4850	Capstone	1
FSNU 3350	Lifelong Nutrition	4
Senior Portfolio		0
<b>Spring Term</b>		
EXSS 3350	Kinesiology and Biomechanics with Lab	4
FSNU 3400	Sports Nutrition	4
<b>Total Credits</b>		<b>90-92</b>