

Health Management: Exercise Science Option

Bachelor of Science (BS)

Exercise Science Option

The exercise science option of health management degree is designed around the knowledge, skills, and competencies of the American College of Sports Medicine, which is the preeminent professional organization for exercise physiologists, sports medicine professionals, and fitness workers. The certifications offered by this organization are the gold standard in the field. The curriculum prepares students to pass the American College of Sports Medicine's Health Fitness Specialist Certification.



Students are not taught how to exercise, but rather how to apply the physiological and mechanical principles learned in the classroom to clients of varying health status and fitness levels. One way in which this is done is through an array of experiential learning opportunities. When students complete the exercise science program they have had ample opportunities to apply classroom knowledge and skills in the laboratory setting and in the field. Faculty monitor the students' progress along the way.

Becoming Career Ready...

/ BS in Exercise management majors have the opportunity to gain hundreds of hours of real-world experience prior to graduation.

/ Exercise Science graduates work in the fitness, nutrition, wellness and rehabilitation settings, including corporate settings. Examples of job titles are health care instructor, corporate fitness and wellness coordinator, personal trainer, athletic director and rehabilitation specialist.

/ Faculty work closely with students to help them gain a wide variety of exercise testing and exercise programming skills.

/ Exercise Science majors learn to apply basic scientific principles to a diverse clientele.

/ Students in the program learn to address client's specific needs in the development of an exercise regimen.

/ 100% of Southeast programs offer a real-world experience. Exercise Science students gain this experience through a required internship and practicum. Students complete a 480 clock-hour internship at the completion of the degree program. The internship provides not only an invaluable work experience but also often leads to employment.

/ The path to a successful career starts with you! You can maximize your career development by working closely with Career Services and Southeast faculty – they are here to help you connect your passions, interests, and skills to jobs and opportunities in the field. Career Services provides professional career counseling and coaching, resume critiques, practice interviews, job search strategies, career events, networking opportunities and more.

Internship and Employment Opportunities of Recent Graduates

- Velocity Sport Performance
- CrossFit 573
- WellBridge by SSM Healthcare
- Barnes Jewish Hospital
- Premier Rehabilitation
- Monsanto Corporate Fitness
- MediFit Corporation
- Corporate Fitness Works
- Vetta Sports
- HealthPoint Fitness – Southeast Health
- Fitness Plus – St. Francis Medical Center
- University of Missouri Strength and Conditioning
- St. Louis University Strength and Conditioning
- Southeast Missouri State University Strength and Conditioning
- Excel Sports and Physical Therapy

Special Options with Exercise Science

Southeast offers a Master of Science in Nutrition and Exercise Science.

Transfer and Dual Credit Students

If you have dual credit or transfer credit, please visit our transfer course equivalencies guide at semo.edu/transfercredit.

To learn more
 Office of Admissions
 (573) 651-2590
admissions@semo.edu
semo.edu

**To explore
 the College
 of Education, Health and
 Human Studies online, visit**
semo.edu/education-health

For advising
Center for Academic Advising
semo.edu/advising

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This is a guide based on the 2019-2020 Undergraduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use Degree Works to monitor their individual progress.

CURRICULUM CHECKLIST

Critical Courses are **italicized and bolded**. These courses are indicators of potential for success in the degree program.

Health Management: Exercise Science option – 67 Hours Required – No minor required

A grade of 'C' is required in each core course

- ___ FN235 Nutrition for Health (3)
- ___ **HL111 Introduction to Health Management (3)**
- ___ HL120 Health Perspectives (3)
- ___ HL231 Fitness Conditioning (3)
- ___ HL303 Research Methods (3)
- ___ HL312 Sport and Exercise Pharmacology (3)
- ___ HL331 Exercise Physiology (4) w/ Lab
- ___ HL332 Lifestyle Disease Risk Reduction (3)
- ___ HL431 Fitness Assessment (3)
- ___ HL460 Exercise Leadership (3)
- ___ HL498 Health Internship (12)*

* In order to enroll in the internship: students must have a grade point average of 2.5 in the major and overall in order to enroll in the internship; all major courses must be completed with a grade of 'C' or higher.

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- ___ HL261 Exercise Science Practicum (3)
- ___ HL345 Principles & Practices of Resistance Training (3)
- ___ HL471 Fitness Facility Administration (3)
- ___ HL550 Exercise Programming for Special Populations (3)
- ___ PE464 Kinesiology (3)
- ___ TX251 Introduction to Athletic Injuries (3)
- ___ FNXXX Nutrition Elective (3)*
- ___ HLXXX HL 300-500 Elective (3)

* Nutrition elective is chosen in consultation with advisor. Course must be a nutrition course and not a food preparation course

Prerequisite Courses:

Some courses may fulfill General Education requirements. A grade of 'C' or better is required in each support course.

- ___ **BS113 Anatomy and Physiology I (4) w/ Lab**
- ___ **BS114 Anatomy and Physiology II (4) w/ Lab**
- ___ CH180 Chemistry in Our World (3)*
- ___ **MA123 Mathematical Reasoning & Modeling or higher level math (3)**

* Students may choose to take CH 181/001/081 – Basic Principles of Chemistry (5)

General Education Requirements – some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences – 6 hours
- Constitution Requirement – 3 hours
- Written Communication – 6 hours
- Oral Communication – 3 hours
- Natural Sciences – 7 hours (from two disciplines, one to include a lab)
- Mathematics – 3 hours
- Humanities & Fine Arts – 9 hours (from at least two disciplines)
- Additional requirements – 5 hours (to include UI100 for native students)
- Civics examination

SAMPLE FOUR-YEAR PLAN

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
FIRST YEAR	UI100	3	CH180 or CH181	3-5
	EN100	3	FN235	3
	HL111	3	General Education	3
	HL120	3	General Education	3
	MA123	3	General Education	3
	Total	15	Total	15-17
Milestone: Must complete MA 134 and CH 180, 181, or 185 with a grade of 'C' or				
SECOND YEAR	BS113/013	4	BS114/014	4
	HL231	3	General Education	3
	HL261	3	General Education	3
	General Education	3	General Education	3
	General Education	3	Elective	2
	Total	15	Total	15
Milestone: Must complete BS 113 and BS 114 with a grade of 'C' or better				
(summer courses are encouraged to avoid 18 hour semesters)				
THIRD YEAR	TX251	3	HL312	3
	HL331	4	HL431	3
	HL332	3	HL471	3
	FN Elective	3	PE464	3
	Elective	3	HL Elective	3
	Total	16	Total	15
FOURTH YEAR	HL303	3	HL 498	12
	HL345	3		
	HL460	3		
	HL550	3		
	Elective	5		
	Total	17	Total	12
Milestone: A major GPA of 2.5 is required for admission into HL 498				

A "Milestone" signifies a significant stage for a student in the completion of a degree.

A minimum 2.0 GPA in the major and overall are required to graduate.

Degree requirements for all students: a minimum of 120 credit hours, completion of the General Education program, completion of 39 senior division hours (300-599), Writing Proficiency Exam (WP003). Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.