

EXERCISE AND SPORT SCIENCE MAJOR

The Bachelor of Science in Exercise and Sport Science (EXSS) prepares students for entry into the dynamic and growing field of the movement sciences. Students in the EXSS program acquire the knowledge, skills, and abilities of effective beginning professionals. Students study scientific and foundational content of human movement, engage in scholarly inquiry, and apply knowledge and theory to practice.

Graduates of the EXSS major are trained to assess, design, and implement individual and group exercise and fitness programs for individuals who are healthy and with controlled disease. They are skilled in evaluating health behaviors and risk factors, conducting scientifically-based fitness assessments in laboratory and field settings, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors. The exercise and sport science professional has demonstrated competence as a leader in university, corporate, commercial, or community settings and programs in which their clients participate in movement and fitness-related activities. Students are also well prepared for graduate or advanced study in the allied health, sport, or medical-related fields.

The program's foundation courses provide a scientific basis for human movement, while the major coursework introduces the students to a multidisciplinary approach to the study of exercise and sport science. All program coursework aligns with the recognized professional competencies through the American College of Sports Medicine (ACSM). Students may focus and tailor their study for entry into the fitness industry (e.g. fitness instructor, personal trainer, strength and conditioning coach) or graduate/advanced study in allied health or medical-related fields (e.g. physical therapy, cardiac rehabilitation, chiropractic). The program culminates with a full semester internship experience in the field. Completion of the program prepares students to sit for the national credential of ACSM Health Fitness Instructor certification.

MISSION OF THE EXERCISE AND SPORT SCIENCE MAJOR

Coastal Carolina University's Exercise and Sport Science program prepares competent entry-level exercise and sport science professionals. The program provides students with the knowledge of scientifically-based concepts and strategies, the skills of program design and leadership, and the ability to plan, implement, and assess physical activity and exercise programs that promote healthy lifestyles and enhance quality of life.

STUDENT LEARNING OUTCOMES

At the completion of the Exercise and Sport Science program, students will be able to:

1. Discuss the role and interaction of each of the disciplines that comprise the field of exercise and sport science such as exercise physiology, motor control/learning, biomechanics, nutrition, and exercise/sport psychology.
2. Describe and apply anatomical, physiological, biomechanical, biochemical, behavioral, and psychological concepts important to physical activity and exercise settings.
3. Properly conduct health appraisals and fitness assessments using current technologies and scientifically-based methods for a variety of populations and settings.
4. Properly plan and evaluate individualized exercise prescriptions and programs using health/fitness appraisals and assessments, knowledge of risk factors, and individual status.
5. Properly implement individualized and group exercise and physical activity programs by using correct exercise techniques, methods, and programmatic variables.
6. Apply the skills of scientific inquiry, research, and evaluation in the field of exercise and sport science.
7. Monitor program administration, including, but not limited to management of emergency and safety procedures, risk management, facility design, and program evaluation/assessment.

8. Demonstrate the dispositions of an effective entry-level exercise science professional including, but not limited to effectively communicating, advocating for health-enhancing physical activity and exercise, working within specific community or agency goals, and serving as a resource person.

POLICIES AND REQUIREMENTS

Students must earn a grade of C or above in each course used to satisfy a) Major Requirements, b) Health and Human Behavior Foundation Courses, and c) BIOL 121, and BIOL 232/L and 242/L. A grade of C or above is also required in English 101. Students who intend to earn a degree in Exercise and Sport Science must be accepted as degree candidates in the major.

All EXSS students are required to complete a capstone 350 (9 credits) or 450 hour (12 credits) internship at an approved exercise and sport science site. Students are expected to demonstrate mastery of the student learning outcomes during this experience. An end-of-program exam is required of all students earning a degree in the program. The purpose of the national ACSM Health Fitness Instructor exam is to determine how well students have mastered program content within the student learning outcomes, and provide students with an opportunity to gain a valuable external credential/certification.

All EXSS majors are required to be admitted to both the program and the internship. Admissions criteria for the program are consistent with the other pre-professional programs in the Spadoni College of Education and the Department of Health, Physical Education, and Recreation.

Admission Requirements to the Program

- 1) Completion of 45 semester hours with a cumulative CCU grade point average of 2.25 or higher
- 2) "C" or better in BIOL 121, 232, and 242 (and labs); EXSS 122 and 205; HPRO 121
- 3) Submit application to Advisor and Program and receive notice of acceptance

Admission Requirements to the Internship

- 1) Admission to the EXSS program
- 2) "C" or better in all EXSS Major courses
- 3) "C" or better in all Health and Human Behavior Foundation courses (4 courses)
- 4) Completion of all undergraduate required coursework with cumulative CCU grade point average of 2.25 or higher
- 5) Submit application to Advisor and Program and receive notice of acceptance

DEGREE REQUIREMENTS – EXERCISE AND SPORT SCIENCE

I. CORE CURRICULUM (34-38 Credits)

II. FRESHMAN GRADUATION REQUIREMENT (0-3 Credits)

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III. EXSS FOUNDATION (24-36 Credits)*

Science and Math

BIOL 121/L* Biological Science I 4

BIOL 232/ L* Human Anatomy & Physiology I 4

BIOL 242/L Human Anatomy & Physiology II 4

CHEM 101/L* Introductory Chemistry, CHEM 111/L* General Chemistry,
or PHYS 201/L* General Physics I 4

MATH 131 Trigonometry, MATH 132* Calculus, MATH 135* Pre-Calculus,
or MATH 160* Calculus I 4

STAT 201/L* Elementary Statistics or PSYC 225/L* Psychological Statistics 4

Health and Human Behavior

HPRO 121* Personal and Community Health 3

EXSS 122* Lifetime Fitness and Physical Activity 3

PSYC 101* General Psychology or SOC 101 Introductory Sociology 3

HPRO 404 Nutrition or EXSS 413 Exercise and Sport Nutrition 3

*Credits for courses taken as part of the Core Curriculum are not counted elsewhere in the major.

IV. MAJOR REQUIREMENTS (45-50 Credits)

EXSS 205 Introduction to Exercise and Sport Science 3

EXSS 330 Injury Management 3

EXSS 340 Sport and Exercise Behavior 3

EXSS 350 Exercise Physiology and 350L Lab 4

EXSS 360 Motor Behavior 4

EXSS 385 Fitness Assessment and Exercise Prescription 3

EXSS 400 Biomechanics and 400L Lab 4

EXSS 410 Cardiopulmonary Rehabilitation 3

EXSS 415 Personal Fitness Leadership 3

EXSS 496 Internship in Exercise and Sport Science 9-12

EXSS Selectives 6-8

Choose 2 courses from list of approved courses aligning
with student goals (Fitness/Applied or Science/Clinical)

V. ELECTIVES (0-17 Credits)

TOTAL CREDITS REQUIRED

120 + Credits

(Students are advised to be aware that strict adherence to the prescribed courses as recommended by their advisors is necessary for graduation within 120 hours. If the student cannot or does not follow the required coursework and sequence, more than 120 hours will be necessary for meeting all program requirements.)