



COLLEGE OF HEALTH SCIENCES

**EXERCISE, SPORT &
MOVEMENT SCIENCES**



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The undergraduate program in Exercise, Sport & Movement Sciences provides a comprehensive exposure to the field of exercise science, with coursework in areas such as kinesiology, physiology, biomechanics, motor behavior and exercise programming. The program introduces students to the theoretical concepts and practical skills associated with preventive health, exercise and disease management, physical fitness, exercise program design and sports conditioning. It provides an overview of mechanical aspects of human movement as well as physiological systems including anatomical, musculoskeletal, neural, cardiovascular, metabolic and respiratory, and incorporates both lecture and laboratory experiences.

PROGRAM HIGHLIGHTS

- **Accelerated BS/MS** program available
- **Faculty** are leaders in their respective disciplines, publishing their research findings in top-tier peer-reviewed journals receiving international recognition for their work
- **Internship requirement** provides invaluable experience and networking opportunities
- **In-house state-of-the-art Human Performance Laboratories** offer hands-on experience and internship opportunities

CAREER OPPORTUNITIES

Students are well prepared to begin employment within the following areas:

- Corporate Wellness
- Health Club Facility Management
- Personal Training
- Group Fitness Instruction
- Fitness and Wellness Coaching
- Strength and Conditioning Coaching

Students are also well-prepared to attend graduate school within the following areas:

- Physical Therapy
- Occupational Therapy
- Medicine (Medical Doctor, Physician Assistant)
- Exercise Science and associated disciplines (MS or PhD level)
- Bioenergetics
- Biomechanics
- Exercise Physiology
- Nutrition Science
- Strength and Conditioning
- Health/Medical Research



CONCENTRATION COURSEWORK

- **HMSE 2000** Health/Sport Science Terminology
- **ESMS 2004** Introduction to Exercise, Sport & Movement Sciences
- **ESMS 2015** Resistance & Aerobic Training Applications
- **ESMS 3020** Ex. & Sport Mechanics
- **ESMS 3050** Adv. Life Support for Ex. Cond. & Testing
- **ESMS 3420** Structural Kinesiology
- **ESMS 3450** Psychological Aspects of Exercise
- **ESMS 3603** Exercise Physiology I
- **ESMS 3703** Exercise Physiology II
- **ESMS 3803** Motor Learning
- **ESMS 4000** Ex. Test Techniques Lec. (1) & Lab (2)
- **ESMS 4015** Exercise Prog. For Special Populations
- **ESMS 4603** Advanced Methods of Strength Conditioning
- **HLSC 4400** Statistics for Health Sciences





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