

# Academic Fact Sheet



## EXERCISE SCIENCE (52 hours)

The Exercise Science major is administered by the Health, Human Performance and Sport Department.

### Facts about the Program

**Degrees Offered:**

- B.A.
- B.S.

**Faculty:**

- Ralph Barclay, Ed.D. (Emeritus)
- Donovan Conley, Ed.D.
- Barb Engebretsen, Ph.D.
- Tammy Evetovich, Ph.D.
- Cameron Geisert, M.S.E.
- Kevin Hill, Ed.D.
- Kristi Hinnerichs, M.S.E., ATC/L, CSCS
- Jeff Meyer, M.S.E.

### Program Description

This program prepares students to meet the growing demand for qualified administrative, managerial and research professionals in the wellness and fitness areas. They enter such environments as sports medicine and fitness clinics and corporate or institutional fitness centers.

### Special Offerings

- practicum experience in the Human Performance Lab
- 12 hour internships (all over the U.S.A.)
- Practicum work within WSC campus Wellness Program

A minor in Exercise Science is also available. Students selecting the minor will need a major in another field.

### Scholarships and Financial Aid

Wayne State College is committed to providing a quality, affordable education for its students. There are several types of financial assistance available for Wayne State students, including grants, loans, work-study and scholarships. The aid packages are composed of money from Pell grants, SEOG grants, SSIG grants, Perkins loans, Stafford student loans, PLUS loans and a variety of scholarships. Contact the Financial Aid Office at (402) 375-7230 for further information.

### Career Opportunities

- Cardiac Rehab
- Community Wellness
- Corporate Wellness Supervisor
- Personal Trainer
- Physical Therapy
- Private Club Wellness Director
- Sport Nutrition
- Sport Psychology
- Sports Medicine

### For more information contact:

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www.wsc.edu

# Academic Fact Sheet - Wayne State College

## EXERCISE SCIENCE (52 Hours)

### FRESHMAN YEAR

#### 1st Semester

|           |                                   |          |
|-----------|-----------------------------------|----------|
| ENG 102   | Composition Skills                | 3        |
|           | History General Ed                | 3        |
| PED 103   | Lifestyle Assessment              | 2        |
| # BIO 102 | Biology for Gen. Educ. or BIO 110 | 3-4      |
|           | Social Science General Ed         | <u>3</u> |
|           |                                   | 14-15    |

#### 2nd Semester

|           |                                  |          |
|-----------|----------------------------------|----------|
| = PED 207 | Athletic Performance & Nutrition | 3        |
| = PED 105 | Anatomy & Physiology I           | 3        |
|           | Physical Science                 | 3        |
| MAT       | by advisement                    | 3        |
|           | Literary, Visual Arts General Ed | <u>3</u> |
|           |                                  | 15       |

= May be difficult to enroll, must be completed by end of 1st semester, sophomore year.

+ PED 103 is a prerequisite for any activity class. Do not take concurrently.

# Much of Wellness centers on biological sciences. Best to have prior to PED 105. BIO 110 may be an option.

### SOPHOMORE YEAR

#### 3rd Semester

|         |                                  |          |
|---------|----------------------------------|----------|
| HIS 120 | World History                    | 3        |
| PED     | Activity Class                   | 1        |
| PED 205 | Anatomy & Physiology II          | 3        |
|         | Literary, Visual Arts General Ed | 3        |
|         | Social Science General Ed        | <u>3</u> |
|         |                                  | 15       |

#### 4th Semester

|           |   |          |
|-----------|---|----------|
| PED 305   | Exercise Physiology                     | 3        |
| PED 351   | Biomechanics                            | 3        |
| * PED 310 | Professional and Leadership Development | 3        |
|           | (2.5 GPA required)                      |          |
|           | Block 3 Elective                        | 3        |
|           | Electives                               | <u>3</u> |
|           |   | 15       |

### JUNIOR YEAR

#### 5th Semester

|         |                                 |          |
|---------|---------------------------------|----------|
| PED 470 | Fitness Evaluation & Assessment | 3        |
| PED 464 | Facility Management or          |          |
|         | 411 Sport Marketing             | 3        |
| PED 487 | Computer Applications           | 3        |
|         | Elective                        | <u>6</u> |
|         |                                 | 15       |

#### 6th Semester

|            |                                       |          |
|------------|---------------------------------------|----------|
| EPS 300    | Educated Perspective Seminar          | 3        |
| PED 229    | Aerobic Dance (meets 203 requirement) | 1        |
| PED 472    | Practicum I (2.5 GPA req.)            | 2        |
| PED 241    | First Aid & CPR                       | 2        |
| ** PED 357 | Principles of Strength & Conditioning | 3        |
|            | Electives                             | <u>3</u> |
|            |                                       | 14       |

### SENIOR YEAR

#### 7th Semester

|            |                                    |          |
|------------|------------------------------------|----------|
|            | Block 3 Elective                   | 3        |
| ** PED 400 | Cardiac Rehab (2.5 GPA req.)       | 3        |
| PED 471    | Tests & Measurements(2.5 GPA req.) | 3        |
| PED 473    | Practicum II (2.5 GPA)             | 2        |
|            | Elective                           | <u>6</u> |
|            |                                    | 17       |

#### 8th Semester

|         |                       |    |
|---------|-----------------------|----|
| PED 493 | Fieldwork in Wellness | 12 |
|         | (2.5 GPA required)    |    |

\* offered fall semester only

\*\* offered spring semester only

### OTHER

NOTE: Course sequence listed above is suggested only. The final decision rests with the student and advisor based on availability of courses. Exercise Science majors are encouraged to supplement course work by adding elective courses from the following suggested courses: BUS 142 Survey of Accounting, BUS 240 Accounting I, BUS 360 Management Theory and Practice, BUS 370 Principles of Marketing, CSL 202 Intro to Counseling, FCS 407 Nutrition Counseling and Assessment, CNA 418 Health Communication, GEO 430 Geographic Information Systems or additional basic science courses in BIO, CHE, PHY and MAT by advisement.