

# Academic Fact Sheet

# Wayne State College

## 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:

Dr. Tammy Evetovich  
Health, Human Performance and Sport Department  
Wayne State College  
Wayne, NE 68787  
(402) 375-7301 or 1-800-228-9972  
E-mail: taeveto1@wsc.edu  
www.wsc.edu

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## 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. Aerobics satisfies PED 203 Gen.. ED.

# 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	Leadership Development (2.5 GPA required)	3
	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 (2.5 GPA required)	12
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\* 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.