

Academic Fact Sheet

Wayne State College

EXERCISE SCIENCE MINOR (18 hours)

The Exercise Science minor 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 minor is intended to give students in pre-professional, education, or sports management majors additional specialization in exercise science. A grade of B or better must be earned in PED 470. A minor must include a minimum of 12 hours unduplicated by the student's major(s).

Required Core: 15-17 hours

PED 105/205 (or BIO 220/340) Hum Anat & Phys..... 6-8
305 Exercise Physiology.....3
351 Biomechanics.....3
470 Fitness Evaluation and Assessment3

Choose at least 1 course from the following: 2-3 credits minimum to total at least 18 hours.

FCS 450 Nutritional Counseling and Assessment (3)
PED 207 Athletic Performance and Nutrition (3)
275 Prevention & Care of Athletic Injuries (3)
310 Leadership Development in Nutrition
& Stress Management (3)
357 Principles of Strength and Conditioning (3)
379 Wellness Practicum (2-4)
389 Sports Medicine Practicum (2)
400 Cardiac Rehabilitation (3)
471 Tests and Measurements (3)

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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FRESHMAN YEAR

SOPHOMORE YEAR

PED	105 Anatomy & Physiology I &	3
	205 Anatomy & Physiology II OR	3
BIO	220 Human Anatomy &	4
	340 Human Physiology	4

JUNIOR YEAR

PED	305 Exercise Physiology OR	
	351 Biomechanics	
PED	Choose one: (2-3 credits to total at least 18 hours)	
	207 Athletic Performance & Nutrition	3
	275 Prevention & Care of Athletic Injuries	3
	310 Leadership Development in Nutrition	3
	357 Principles of Strength & Conditioning	3
	379 Wellness Practicum	2-4
	389 Sports Medicine Practicum	2
	400 Cardiac Rehab	3
	471 Tests & Measurements	3

SENIOR YEAR

PED	470 Fitness Evaluation & Assessment	3
FCS	450 Nutritional Counseling & Assessment	3

- * *offered fall semester only*
- ** *offered spring semester only*
- *** *offered every 3rd semester*
- **** *offered every 4th semester*