

EXERCISE SCIENCE

Today's health and fitness culture, contexts, and demands are rapidly evolving. Exercise for health, disease prevention, and rehabilitation is essential for developing healthy children, adults, and communities. Exercise for health and elite athletic performance is a dynamic field merging practice with research-based knowledge, skills, and abilities. An Exercise Science degree is an excellent route to careers addressing health, physical fitness, and performance. Getting your Exercise Science degree from Wayne State will position you to be a leader in your chosen field with the abilities to adapt and develop in the changing health, fitness, and exercise environment. An Exercise Science degree can combine your passion for exercise with professional applications in fitness, conditioning, health, and research fields, as well as graduate programs in health sciences, such as physical and occupational therapy, medicine, and public health.

fast facts

Credit hours: 52-55

Students must also take 30 credit hours of General Studies courses. A total of 120 credit hours are needed to graduate from WSC. Additional majors or minors can be added to help meet graduation requirements.

Degree options: B.A. or B.S.

Department: Health, Human Performance, and Sport

School: Science, Health, and Criminal Justice

Popular pairings: Biology, Business Administration, Coaching

focus on results

Skills Learned

- Knowledge of body structure and function
- Health status and risk factor identification
- Fitness appraisal and injury evaluation
- Cardiac rehabilitation and exercise prescription
- Exercise prescription for various chronic diseases
- Exercise physiology
- First Aid and CPR
- Research and data analysis
- Kinesiology / biomechanics
- Strength and conditioning
- Facility management
- Body composition assessment

Possible Careers

- Strength coach
- Personal trainer
- Athletic trainer
- Wellness center director
- Physical therapist
- Exercise physiologist
- Fitness instructor
- Health education specialist
- Sports facility manager
- Health promotion
- Health coaching

Types of Employers

- Gyms and fitness centers
- Hospitals and medical clinics
- Sports teams and clubs
- Businesses and corporations
- Schools, colleges, and universities
- Community wellness centers
- Assisted living facilities
- Government agencies
- Non-profit organizations
- Rehabilitation clinics
- Sports lab and research facilities
- Public health organizations

outside the classroom

Activities / Opportunities

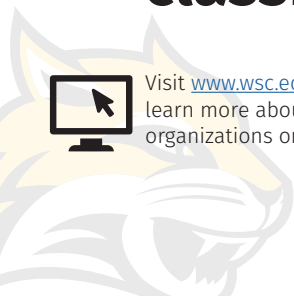
- Pathways to professional schools
- Rural Health Opportunities Program (RHOP)
- Service-Learning
- Study Abroad

Clubs / Organizations

- Exercise is Medicine on Campus (EIM-OC) Club
- Pre-Physical Therapy / Pre-Occupational Therapy Club



Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.



The following courses are required for the program of study described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for registering and taking these courses, please consult the current academic catalog and your advisor.

Program courses

For CAT 7, take BIO 102 Biology for General Studies.

Exercise Science Courses

PED 130 Introduction to Exercise and Allied Health Professions.....	3
PED 204 Anatomy and Physiology I.....	3
PED 205 Anatomy and Physiology II.....	3
PED 207 Athletic Performance and Nutrition	3
PED 227 Weight Training.....	1
PED 305 Exercise Physiology.....	3
PED 330 Research and Current Trends in Exercise Science	3
PED 351 Biomechanics.....	3
PED 357 Principles of Strength and Conditioning	3
PED 400 Exercise and Clinical Populations.....	3
PED 470 Fitness Evaluation and Assessment.....	3
PED 471 Tests and Measurements.....	3
PED 472 Advanced Fitness Evaluation and Assessment.....	3
PED 473 Program Design for Health and Fitness	3
PED 493 Fieldwork in Exercise Science (must complete all other requirements first before enrolling in this course).....	9-12
Select one of the following.....	3
PED 411 Sport Marketing and Promotion (3)	
PED 464 Facility Management in Sport and Wellness (3)	

Proof of First Aid and CPR certification is required from an approved national organization requiring face-to-face skills demonstration; certification must remain current through the completion of the following courses: PED 472, PED 473, and PED 493.

Student learning outcomes

1. Demonstrate the knowledge, skills, and abilities (KSA) of the foundational basic and applied sciences of Anatomy, Physiology, Exercise Physiology, and Biomechanics.
2. Demonstrate KSAs in risk factor, health status, and fitness assessment, to develop safe and effective exercise prescription for healthy and clinical populations, as identified by the American College of Sports Medicine (ACSM) for exercise professionals eligible for a variety of ACSM Certifications.
3. Demonstrate the KSAs to effectively educate and/or advise individuals regarding lifestyle modification.
4. Design ACSM designed health and fitness programs for a wide range of apparently healthy individuals (low risk), athletic populations and/or various clinical populations (diabetes mellitus, osteoporosis, etc.).
5. Integrate their KSAs in a hands-on manner in a professional exercise or allied health setting.

health, human performance, and sport faculty

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Visit www.wsc.edu/health-human-performance-sport-department to learn more about the Department of Health, Human Performance, and Sport.

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