

Exercise Science Major

Exercise Science Major

Assistant Professor of Exercise Science: Matthew Peterson

The Exercise Science Program offers an academic major with two tracks, each with a challenging curriculum. Both, the Health and Wellness Track and the Health Professions track lead to a Bachelor of Science degree. The Exercise Science Program also coordinates the Activity/Wellness courses that are a part of the general education requirements for all undergraduates. The Exercise Science curriculum promotes critical thinking, encourages the development of leadership skills, and prepares students for careers in and continued study of the application of the principles of human movement, exercise, and healthy living.

The mission of the Exercise Science Program at Lyon College is to discover and promote knowledge of human movement and performance to improve the health and quality of life of individuals at all stages of life and society as a whole.

The Exercise Science major is open to all qualified Lyon College students following the prescribed admission pathway:

1. Students who are in their first year at Lyon (either freshmen or transfers) who express an interest in majoring in Exercise Science must meet with the Exercise Science faculty to evaluate their preparedness for the program, and to plan a course of study that will support their entry. At a minimum, EXS 201 should be completed with a C or better the freshman year.
2. Students in their second pre-baccalaureate year may declare the Exercise Science major provided that they have a cumulative GPA of 2.5 or higher and that they have completed EXS 201, EXS 205, and BIO 110 with a C or better. If the GPA threshold is not met, the student can work with the Exercise Science faculty to develop a remediation plan that provides an opportunity for the student to meet all of the admissions requirements.

Exercise Science Major Degrees and Certificates

THE EXERCISE SCIENCE MAJOR - FITNESS & WELLNESS TRACK (BS)

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SUMMARY OF REQUIREMENTS FOR A MAJOR IN EXERCISE SCIENCE - FITNESS & WELLNESS TRACK

Item #	Title	Credits
EXS 201	Health and Wellness	3
EXS 205	Nutrition Concepts for Exercise Science	3
EXS 207	First Aid and Care of Athletic Injuries	3
EXS 302	Kinesiology	3
EXS 309	Motor Learning	3
EXS 325	Fitness Assessment and Exercise Prescription	3
EXS 375	Exercise Physiology	4
EXS 450	Senior Seminar in Exercise Science	3
BIO 110	Principles of Biology I	4
BIO 260	Human Anatomy and Physiology I	4
BIO 262	Human Anatomy and Physiology II	4
	CHM 105 or CHM 110	4
PSY 101	Introduction to Psychology	3
	PSY 235 or BUS 323	3
PSY 290	Human Development	3
RPH 205	Introduction to Ethics	3
	Sub-Total Credits	53

CHOOSE TWO FROM THE FOLLOWING COURSES (5-6 CREDITS):

Item #	Title	Credits
	PSY 334 or PSY 339	3
OLP 150	Outdoor Leadership	3
	Sub-Total Credits	5-6

CORE CURRICULUM

Item #	Title	Credits
	Core Curriculum Requirements	44 - 48
	Sub-Total Credits	44-48

Total credits:	102-107
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CATEGORY DESCRIPTIONS

CHM 105 or CHM 110

Item #	Title	Credits
CHM 105	Introduction to Chemistry	4
CHM 110	General Chemistry I	4

PSY 235 or BUS 323

Item #	Title	Credits
PSY 235	Statistics for the Behavioral Sciences	3
BUS 323	Statistical Applications to Business Decision Making	3

BIO 310 and BIO 311

PSY 334 or PSY 339

Item #	Title	Credits
PSY 334	Learning and Behavior Analysis	3
PSY 339	Learning and Cognition	3

Core Curriculum Requirements

Developmental requirements (up to 6 credits):

Taken in the first semester, if placed into it:

- ENG 001 College English

Taken in the first year, if placed into it:

- MTH 001 Intermediate Algebra

Proficiency requirements (15 credits):

Taken in the first two years, if not placed out of it:

- MTH 101 College Algebra **or**
- MTH 103 College Algebra w/Lab **or**
- MTH 105 Mathematics for Liberal Arts

Taken in the first year (depending on placement):

- ENG 101 English Composition I (taken immediately if placed into it or immediately following completion of ENG 001 with a grade of 'C' or better)
- ENG 102 English Composition II (taken immediately following successful completion of ENG 101 with a grade of 'C' or better)

Recommended but not required in the first year:

- First-year of a foreign language

Common Core requirements (13-14 credits):

Taken in the first year (or within one year of completing any pre-requisite coursework):

- COR 100 Year One
- COR 101 Year One OH ONE

Taken anytime in the first TWO years:

- ENG 105 World Literature
- POL 105 The American Experience

Taken anytime prior to graduation:

- HIS 110 World Civilization
- HIS 112 World Civilization II

Distribution requirements:

One fine arts course (3 credits)

Select from the following:

- ART 101 Introduction to Visual Arts
- ART 201, 202 World Art I and II
- MUS 105 Language of Music
- MUS 110 Music Theory
- THE 101 Introduction to Theatre

One social science course (3 credits)

Select from the following:

- ANT 101 Introduction to Cultural Anthropology
- ECO 101 Principles of Economics I
- PSY 101 Introduction to Psychology

One mathematics course (3-4 credits)

Select from the following:

- MTH 105 Mathematics for Liberal Arts
- MTH 110 Elementary Functions
- MTH 115 Discrete Mathematics **or** MTH 290 Foundations of Modern Mathematics
- ECO 208 Quantitative Methods in Business, Economics, and Decision Science
- MTH 210 Calculus I
- BUS 323 Statistical Applications to Business Decision Making
- PSY 235 Statistics for the Behavioral Sciences

One lab science course (4 credits)

Select from the following:

- BIO 100, 100L Biology in Context
- BIO 110, 110L Principles of Biology I
- CHM 105, 105L Introduction to Chemistry
- CHM 110, 110L General Chemistry I
- PHY 210, 211 General Physics
- PHY 240, 241 Fundamentals of Physics

- SCI 100, 100L Physical Science for Liberal Arts

One religion/philosophy course (3 credits)

Select from the following:

- RPH 110 Old Testament
- RPH 120 New Testament
- RPH 130 Introduction to Christian Theology
- RPH 140 Introduction to World Philosophies
- RPH 150 World Religions
- RPH 205 Introduction to Ethics

Two physical education courses (0-2 credits)

Select from the following:

- PED courses with designations from 101 to 130
- OLP courses with designations from 120 to 130

NOTE: Only one activity (specified PED/OLP) course can be taken per semester. Additionally, only seven activity credits can be counted toward the graduation requirement.

THE EXERCISE SCIENCE MAJOR - HEALTH PROFESSIONS TRACK

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SUMMARY OF REQUIREMENTS FOR A EXERCISE SCIENCE MAJOR - HEALTH PROFESSIONS TRACK

Item #	Title	Credits
EXS 201	Health and Wellness	3
EXS 205	Nutrition Concepts for Exercise Science	3
EXS 207	First Aid and Care of Athletic Injuries	3
EXS 302	Kinesiology	3
EXS 309	Motor Learning	3
EXS 325	Fitness Assessment and Exercise Prescription	3
EXS 375	Exercise Physiology	4
EXS 450	Senior Seminar in Exercise Science	3
BIO 110	Principles of Biology I	4
BIO 260	Human Anatomy and Physiology I	4
BIO 262	Human Anatomy and Physiology II	4
	CHM 105 or CHM 110	4

PHY 210	General Physics I	3
PHY 211	General Physics I Laboratory	1
PSY 101	Introduction to Psychology	3
	PSY 235 or BUS 323	3
RPH 205	Introduction to Ethics	3
	Sub-Total Credits	54

CHOOSE TWO FROM THE FOLLOWING (5-6 CREDITS):

Item #	Title	Credits
OPL 150	Outdoor Leadership	3
	Sub-Total Credits	5-6

CORE CURRICULUM

Item #	Title	Credits
	Core Curriculum Requirements	44 - 48
	Sub-Total Credits	44-48

Total credits:	103-108
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CATEGORY DESCRIPTIONS

CHM 105 or CHM 110

Item #	Title	Credits
CHM 105	Introduction to Chemistry	4
CHM 110	General Chemistry I	4

PSY 235 or BUS 323

Item #	Title	Credits
PSY 235	Statistics for the Behavioral Sciences	3
BUS 323	Statistical Applications to Business Decision Making	3

BIO 310 and BIO 311

PSY 290 or PSY 335

Core Curriculum Requirements

Developmental requirements (up to 6 credits):

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Taken in the first year, if placed into it:

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Taken in the first year (depending on placement):

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Recommended but not required in the first year:

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Taken anytime in the first TWO years:

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Taken anytime prior to graduation:

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- ECO 101 Principles of Economics I
- PSY 101 Introduction to Psychology

One mathematics course (3-4 credits)

Select from the following:

- MTH 105 Mathematics for Liberal Arts
- MTH 110 Elementary Functions
- MTH 115 Discrete Mathematics **or** MTH 290 Foundations of Modern Mathematics
- ECO 208 Quantitative Methods in Business, Economics, and Decision Science
- MTH 210 Calculus I
- BUS 323 Statistical Applications to Business Decision Making
- PSY 235 Statistics for the Behavioral Sciences

One lab science course (4 credits)

Select from the following:

- BIO 100, 100L Biology in Context
- BIO 110, 110L Principles of Biology I
- CHM 105, 105L Introduction to Chemistry

- CHM 110, 110L General Chemistry I
- PHY 210, 211 General Physics
- PHY 240, 241 Fundamentals of Physics
- SCI 100, 100L Physical Science for Liberal Arts

One religion/philosophy course (3 credits)

Select from the following:

- RPH 110 Old Testament
- RPH 120 New Testament
- RPH 130 Introduction to Christian Theology
- RPH 140 Introduction to World Philosophies
- RPH 150 World Religions
- RPH 205 Introduction to Ethics

Two physical education courses (0-2 credits)

Select from the following:

- PED courses with designations from 101 to 130
- OLP courses with designations from 120 to 130

NOTE: Only one activity (specified PED/OLP) course can be taken per semester. Additionally, only seven activity credits can be counted toward the graduation requirement.

THE EXERCISE SCIENCE MINOR

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SUMMARY OF REQUIREMENTS FOR A MINOR IN EXERCISE SCIENCE

Item #	Title	Credits
EXS 201	Health and Wellness	3
EXS 205	Nutrition Concepts for Exercise Science	3
EXS 302	Kinesiology	3
BIO 110	Principles of Biology I	4
BIO 260	Human Anatomy and Physiology I	4
BIO 262	Human Anatomy and Physiology II	4

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PSY 101	Introduction to Psychology	3
	Sub-Total Credits	27
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CATEGORY DESCRIPTIONS

Exercise Science Elective

Exercise Science Major (EXS) Classes

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EXS 205: Nutrition Concepts for Exercise Science

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EXS 207: First Aid and Care of Athletic Injuries

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EXS 302: Kinesiology

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EXS 309: Motor Learning

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EXS 325: Fitness Assessment and Exercise Prescription

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EXS 375: Exercise Physiology

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EXS 382: Special Topic

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EXS 450: Senior Seminar in Exercise Science

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