EXERCISE SCIENCE (BS)

Program Description

As an SPU Exercise Science major, you examine the health and fitness benefits of physical activity and exercise using a science-based approach. This approach combines classroom learning, laboratory work, and an internship in a Seattle-area professional setting.

Whether you plan to enter the workforce after graduation or attend graduate school for an advanced degree or certification, an Exercise Science degree provides you with a solid foundation.

Entering and Completing the Major

In order to earn a degree, you must complete at least one academic major. SPU encourages students to explore various academic paths, so if you change your mind about a major, or want to include an additional program, you are able to do so, as outlined below.

Note that the University encourages you to enter your chosen major(s) as soon as you have determined it and are eligible to join it, especially by the start of your junior year. Students who transfer as juniors and seniors should enter a major within their first two quarters at SPU.

- If this is your first quarter at SPU and you identified a major in this department as your first choice on your application for admission to the University, you have gained entry to the major. To change or add a major, follow these instructions (https://spu.atlassian.net/l/cp/a3th1keb/).
- If you are an SPU student with an SPU cumulative GPA of 2.0 or better, follow these instructions (https://spu.atlassian.net/l/cp/a3th1keb/) to enter a major in this department.
- The University requires a grade of C- or better in all classes that apply to a major; however, programs may require higher minimum grades in specific courses. You may repeat an SPU course only once for a higher grade.
- To advance in this program, meet with your faculty advisor regularly to discuss your grades, course progression, and other indicators of satisfactory academic progress. If your grades or other factors indicate that you may not be able to successfully complete the major or minor, your faculty advisor can work with you to explore options, which may include choosing a different major.
- You must complete the major requirements that are in effect in the SPU Undergraduate Catalog for the year you enter the major.

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80 Credits Minimum, Including 35 Upper Division (UD)

Code	Title	Credits
General Core [1]		
HHP 1301	Wellness and Physical Activity	3
CHM 1310 & CHM 1360	Survey of General Chemistry and Survey of Biological Chemistry	10
or CHM 1211 & CHM 1330	General Chemistry I and Survey of Organic Chemistry	
HHP 2128	Functional Anatomy	3
BIO 2129	Human Anatomy and Physiology	5
BIO 2130	Human Anatomy and Physiology	5
HHP 2195	Research Methods in Health Sports Science	5
FCS 3340	Human Nutrition	5
HHP 3560	Psychological Aspects of Sport Team Development	5
HHP 3570	Biomechanics	5
HHP 3575	Motor Learning and Development	5
HHP 3580	Exercise Physiology	5
HHP 3942	Internship and career strategies	1
FCS 4310	Sports and Exercise Nutrition	3
HHP 4555	Community Health Promotion	3
HHP 4585	Applied Exercise Science	5
HHP 4899	Senior Capstone [2]	5
HHP 4930	Exercise Science Practicum	1
HHP 4942	Internship Reflection and Professional Development	3
Section Credits Required		77
Exercise Science Electives		
Choose one of the following:		3
HHP 2617	Teaching Health and Fitness	
HHP 3545	Programs for Special Populations	
HHP 3590	Sport Injury Management	
HHP 4575	Coaching and Training Seminar	
HHP 4595	Administration of Programs in Health and Physical Activity	
Section Credits Required		3
Total Credits		**80**

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Take CHM 1211 & 1330 if planning to study Physical Therapy

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HHP 4899 Senior Capstone must be repeated until you have reached 5 credits.

Suggested Course Sequence

Below is the traditional 4-year Exercise Science degree pathway.

Course	Title	Credits
Freshman		
Autumn		
HHP 1301	Wellness and Physical Activity	3
HHP 2128	Functional Anatomy	3
CHM 1211 or CHM 1310	General Chemistry I (WKFS) or Survey of General Chemistry	5
	Credits	**11**
Winter		
HHP 1301	Wellness and Physical Activity	3
HHP 2128	Functional Anatomy	3
CHM 1330 or CHM 1360	Survey of Organic Chemistry or Survey of Biological Chemistry	5
	Credits	**11**
Spring		
HHP 1301	Wellness and Physical Activity	3
HHP 2128	Functional Anatomy	3
	Credits	**6**
Sophomore		
Autumn		
BIO 2129	Human Anatomy and Physiology (WKAS)	5

MAT 2360	Introduction to Statistics for the Sciences (WKQR)	5
	Credits	**10**
Winter		
BIO 2130	Human Anatomy and Physiology	5
MAT 2360	Introduction to Statistics for the Sciences (WKQR)	5
	Credits	**10**
Spring		
FCS 3340	Human Nutrition	5
HHP 3580	Exercise Physiology	5
MAT 2360	Introduction to Statistics for the Sciences (WKQR)	5
	Credits	**15**
Junior		
Autumn		
HHP 3560	Psychological Aspects of Sport Team Development	5
HHP 2195	Research Methods in Health Sports Science	5
	Credits	**10**
Winter		
HHP 3570	Biomechanics	5
HHP 4555	Community Health Promotion	3
	Credits	**8**
Spring		
HHP 3575	Motor Learning and Development	5
HHP 3942	Internship and career strategies	1
	Credits	**6**
Senior		
Autumn		
HHP 4899	Senior Capstone	2
HHP 4585	Applied Exercise Science	5
HHP 4930	Exercise Science Practicum	1
	Credits	**8**
Winter		
HHP 4899	Senior Capstone	2
HHP 4942	Internship Reflection and Professional Development	3
	Credits	**5**
Spring		
HHP 4899	Senior Capstone	1
FCS 4310	Sports and Exercise Nutrition	3
	Credits	**4**
	Total Credits	**104**

Notes

- You need to add an elective for 3 credits.
- You need to add MAT 2360 Introduction to Statistics for the Sciences (Statistics) = WKQR requirement.
- CHM 1211 General Chemistry I & CHM 1330 Survey of Organic Chemistry are for PT/OT students (requirements for grad school).
- CHM 1310 Survey of General Chemistry & CHM 1360 Survey of Biological Chemistry are for Exercise Science students.
- HHP 1109 Weight Training highly recommended for Freshman / Sophomore year Fall.
- Make sure you take all the prerequisites for each class.