EXERCISE SCIENCE & WELLNESS

The health and wellness field recognizes the benefits of exercise, fitness, and healthy behaviors for the treatment and prevention of disease, healthy aging, and an enhanced quality of life. The Exercise Science and Wellness major equips graduates with the knowledge, skills, and experience to merge the science of exercise with health and wellness, prepares them to be promoters of health and fitness, and to motivate people to practice healthy lifestyles.

Some golden nuggets to consider...

The Bachelor of Science (BS) in Exercise Science and Wellness combines the study of exercise physiology within the holistic context of health and wellness. This major integrates hands-on, experiential learning, with laboratory work, involving conducting and interpreting physical fitness assessments and developing exercise prescriptions for various demographic populations.

ADVANCED EQUIPMENT

Gain experience with advanced equipment! UMC students work with equipment not typically available to undergrad students at other universities. Students also learn effective techniques in coaching, counseling, and motivation.

CAREER SETTINGS

- Strength and Conditioning Coaching
- Wellness Coaching
- Sport Performance Industry
- Clinical Exercise Settings
- Exercise Physiology
- Fitness leader in Gerontology Settings
- Health and Fitness Industry
- Pre-Athletic Training
- Pre-Professional: (ex. Pre-Physical Therapy, Pre-Occupational Therapy)

Small Campus. Big Degree.
PROGRAM REQUIREMENTS: 56 CREDITS

PHYS 1012 - Introductory Physics [PHYS SCI, PEOPLE/ENV] (4.0 cr)
HLTH 1062 - First Aid and CPR (2.0 cr)
HSCI 1072 - Wellness (3.0 cr)
HSCI 1123 - Fundamentals of Nutrition [BIOL SCI] (3.0 cr)
SRM 2000 - Prevention and Care of Athletic Injuries (3.0 cr)
BIOL 2103 - Human Anatomy and Physiology I (4.0 cr)
BIOL 2104 - Human Anatomy and Physiology II (4.0 cr)
HSCI 3001 - Community Health and Wellness (3.0 cr)
HSCI 3112 - Kinesiology (4.0 cr)
HSCI 3899 - Pre-Internship Seminar (0.5 cr)
HSCI 3900 - Internship (1.0-2.0 cr)
HSCI 3901 - Post-Internship Seminar (0.5 cr)
PUBH 3005 - Fundamentals of Alcohol and Drug Abuse for Teacher Education
PUBH 3102 - Issues in Environmental and Occupational Health (UMTC) (3.0 cr)
SRM 3001 - Sport Nutrition (3.0 cr)
SRM 3003 - Sport Facility and Activities Management (3.0 cr)
SRM 3200 - Socio-Cultural Dimensions in Sport (3.0 cr)
SRM 3320 - Exercise Physiology (3.0 cr)
WRIT 3303 - Writing in Your Profession (3.0 cr)
HSCI 4520 - Exercise Testing and Prescription (4.0 cr)

LIBERAL EDUCATION REQUIREMENTS

BIOL 1009 - General Biology [BIOL SCI, PEOPLE/ENV] (4.0 cr)
CHEM 1001 - Introductory Chemistry [PHYS SCI] (4.0 cr)
COMM 3001 - Human Relationships and Leadership [HUMAN DIV] (3.0 cr)
COMP 1011 - Composition I [COMMUNICAT] (3.0 cr)
COMP 1013 - Composition II [COMMUNICAT] (3.0 cr)
MATH 1150 - Elementary Statistics [MATH THINK] (3.0 cr)
PSY 1001 - General Psychology [HI/BEH/SSC] (3.0 cr)
SOC 1001 - Introduction to Sociology [HI/BEH/SSC, HUMAN DIV] (3.0 cr)
SPCH 1101 - Public Speaking [COMMUNICAT] (3.0 cr)

TECHNOLOGY REQUIREMENTS

Students must take 3 credits from the following courses: CA 1xxx or CA 2xxx or CHEM 3022 - Chemical Analysis in the Biological and Environmental Sciences (4.0 cr) or MATH 1150 - Elementary Statistics (3.0 cr)

ELECTIVES: UPPER DIVISION

Students must take 6 credits of upper division electives. The following courses are recommended: HUM 3310, LAMP 4777, MGMT 3200, MGMT 3210, MKTG 3300, SOC 3937.

ELECTIVES

Students must take enough open electives credits to meet the 120 credit graduation requirement. The following courses are recommended: CHEM 1401, ECON 2101, PHIL 1001, PHIL 2002, SOC 1102.

CONTACT US TODAY!

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