EXERCISE SCIENCE MAJOR

Requirements

Degree Requirements

This major is available as a bachelor of arts or bachelor of science degree, as defined in the section on degree requirements (http://catalog.linfield.edu/degrees-and-programs/undergraduate/ba-bs-bsn/) for all majors in this catalog.

Major Requirements

45 credits from within the department, plus an additional 18-19 credits from outside the department, for a combined total of 63-64 credits. A grade of C- or better is required in all courses and prerequisites.

Code	Title	Credits
Pre-requisites		
BIOL 212	HUMAN ANATOMY	4
BIOL 213	HUMAN PHYSIOLOGY	4
MATH 140	INTRODUCTION TO STATISTICS	3
PSYC 101	SURVEY OF PSYCHOLOGY	4
Select one of the following:		3-4
BIOL 108	ECOLOGY OF ECOSYSTEMS	
BIOL 210	PRINCIPLES OF BIOLOGY	
CHEM 201	GENERAL, ORGANIC, AND BIOLOGICAL CHEMISTRY (I)	
CHEM 210	GENERAL CHEMISTRY	
ENVS 201	ENVIRONMENTAL SCIENCE	
HHPA 112	INTRODUCTION TO HUMAN BIOLOGY [1]	
HHPA Core		
HHPA 183	SEMINAR IN HEALTH AND HUMAN MOVEMENT	1
HHPA 250	PREVENTION AND CONTROL OF DISEASE	3
HHPA 280	NUTRITION	3
HHPA 284	FIRST AID & CPR I (or proof of current first aid and CPR certification at the time of graduation)	2
HHPA 297	INTRODUCTION TO RESEARCH IN PHYSICAL ACTIVITY	3
HHPA 350	PSYCHOLOGICAL ASPECTS OF SPORT AND PHYSICAL ACTIVITY	3
HHPA 492	SENIOR SEMINAR IN HEALTH AND HUMAN PERFORMANCE	1
Exercise Science Required Courses		
HHPA 352	KINESIOLOGY	3
HHPA 360	PHYSIOLOGICAL BASIS OF EXERCISE, TRAINING, AND CONDITIONING	4
HHPA 495	EXERCISE SCIENCE CAPSTONE	4
Exercise Science Electives [2]		
Select 18 credits of the following (at least 9 credits from 300 or above):		18
HHPA 184	PREVENTION AND CARE OF ATHLETIC INJURIES	
HHPA 210	AQUATIC TRAINING & CONDITIONING FOR EXERCISE & FITNESS SPECIALISTS	
HHPA 260	FUNDAMENTALS OF NEUROSICENCE (ALSO LISTED AS BIOL 260 AND PSYC 260)	
HHPA 287	FOUNDATIONS OF LEADERSHIP IN PHYSICAL ACTIVITY	
HHPA 288	PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH	
HHPA 289	GROUP PHYSICAL ACTIVITY AND FITNESS	
HHPA 342	RESEARCH SEMINAR	
HHPA 375	PATHOPHYSIOLOGY AND THERAPEUTIC EXERCISE	
HHPA 376	THERAPEUTIC MODALITIES	
HHPA 384	ADVANCED ASSESSMENT OF ATHLETIC INJURIES	
HHPA 387	PERFORMANCE ENHANCEMENT FOR THE INJURED ATHLETE	
HHPA 395	PHYSICAL ACTIVITY AND FITNESS ASSESSMENTS	
HHPA 410	GENDER ISSUES IN EDUCATION & SPORT	
HHPA 412	HUMAN ANATOMY II	
HHPA 425	SPORT IN AMERICAN SOCIETY	
HHPA 445	MOTOR LEARNING AND MOTOR DEVELOPMENT	
HHPA 452	APPLIED BIOMECHANICS OF SPORT AND EXERCISE	
HHPA 455	ADAPTED PHYSICAL EDUCATION	
HHPA 465	MENTAL AND SOCIAL VARIABLES IN SPORT & PERFORMANCE	
HHPA 482	APPLIED EXERCISE PHYSIOLOGY	
HHPA 486	PRACTICUM	
HHPA 487	INTERNSHIP	
HHPA 490	SENIOR THESIS	
Total Credits		**63-64**

[1] Only if taken **before** HUMAN ANATOMY (BIOL 212) and HUMAN PHYSIOLOGY (BIOL 213)

[2] Other elective courses with pre-approval of advisor and HHPA Department Chair.

A grade of C- or better is required in all courses and prerequisites.

Student Learning Outcomes

- Demonstrate a comprehensive knowledge of the human body and its response to nutritional needs, physical activity and exercise.
- Utilize evidence-based assessment procedures in the area of health and fitness settings that guide the prescription of exercise and wellness programs for improved health and performance.
- Analyze factors associated with behavior change and motivation to initiate and persist in health-related goals.
- Apply principles of safety, injury prevention, and emergency procedures.
- Evaluate information using evidence-based practices that require critical evaluation, synthesis, and application of research literature.