Bachelor Of Exercise Science in Human Performance

Program Overview

Strength and conditioning professionals teach and train clients how to live active and healthier lifestyles. You will support and create exercise protocols, nutritional guidance, weightlifting mechanics, and exercise prescription to achieve fitness goals. This degree is designed for the study of the practical applications of strength and conditioning. It includes health, wellness, and sports-related disciplines such as strength and conditioning and personal training. Our hands-on degree provides you with a complete understanding of structural anatomy, nutritional concepts, basics to Olympic lifting techniques, and biomechanics. Additional exposure to clinical science and rehabilitation science principles, helps you develop refined techniques to prescribe and teach exercises based on your client's objectives and abilities.

In-depth experiential learning through practicums and internships is the cornerstone of MU's human performance program. You will work alongside other students and faculty on practical application and simulation. With state-of-the-art technology, you will also be prepared to take the Certified Strength and Conditioning (CSCS) exam from the National Strength and Conditioning Association (NSCA) before graduation. As a continued Educational Recognized Partner (ERP) with the NSCA, you will have an approved curriculum for preparation and discount on your certification examination. Students can earn their CSCS credential before graduation, once graduated you can work as a credentialed professional.

Degree Requirements

To earn this degree, students must have a GPA of 2.0 or higher in the Major as well as an overall GPA of 2.0, complete a minimum of 120 credit hours, and fulfill the course requirements of the program listed below.

*This is a sample plan; specific courses may vary from year to year. Academic advisors will work with each student to develop their individual schedule.

	Major-Specific Required Courses			
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	BIOL 202	Fundamentals of Human Anatomy	3	
	BIOL 202L	Fundamentals of Human Anatomy Lab	1	
	BIOL 204	Fundamentals of Human Physiology	3	
	BIOL 204L	Fundamentals of Human Physiology	1	
	EXSC 101	Introduction to Rehabilitation Sciences	3	
	EXSC 325	Exercise Physiology	3	
	EXSC 325L	Exercise Physiology Lab	1	
	EXSC 410	Admin of Health & Physical Activity Programs	3	
	EXSC 205	Team Performance Training	3	
	EXSC 206	Individual and Dual Performance Training	3	
	EXSC 209	Principles of Coaching	3	
	EXSC 230	Sport Psychology	4	
	EXSC 243	Principle of Fitness	3	
	EXSC 250	Performance Training Lab I	1	
	EXSC 260	Performance Training Lab II	1	
	EXSC 276	Practicum in Health/Fitness/Wellness	2	
	EXSC 345	Functional Kinesiology	3	
	EXSC 339	Fundamental Technique of Exercise & Fitness	3	
	EXSC 425	Essentials of Strength and Conditioning	3	
	EXSC 476	Internship in Health/Fitness/Wellness	4	
	NUTR 210	Introduction to Human Nutrition	3	

Total Program Credits: 120+

MAJOR	*Options
CORE	^CORE equivalent
ELECTIVE/MINOR	
EXPERIENTIAL	

	CORE		CREDITS
\langle		Foundation	
	LA-FWS	First-Year Writing Seminar	3
	LA-FCS	First-Year Communication Seminar	3
	LA-FQR	Quantitative Reasoning	3-4
	LA-FSS	First Year Success Seminar	1
	LA-FCG	Cultural and Global Understanding	3-5
		Exploration	
	LA-EAH	Arts and Humanities	3
	LA-ENS	Natural Sciences	3-6
	LA-ESS	Social Sciences	3-4
		Transformation	
	LA-TFR	Faith, Reason, and Ethics	3
	LA-TBI	Big Issues - 2 courses	6-7
	LA-TCE	Creative Expression	1-3
	Additional c	redits to bring total to 120+ credits	CREDITS
\vee		Electives	
		Experiential Learning	

Example Course Sequence:

The following is a sample of a semester-by-semester approach to completing this program in 4 years.

YEAR 1			
FIRST SEMESTER			
COURSE		CREDITS	PREREQUISITES
LA-FWS	First-Year Writing Seminar	3	
LA-FSS	First Year Success Seminar	1	
NUTR 210	Introduction to Human Nutrition	3	
EXSC 101	Introduction to Rehabilitation Sciences	3	
ELECTIVE/MINOR		3	
JAN TERM			
COURSE		CREDITS	
ELECTIVE/MINOR		3	
SECOND SEMESTER			
COURSE		CREDITS	
BIOL 202	Fundamentals of Human Anatomy	3	Spring
BIOL 202L	Fundamentals of Human Anatomy Lab	1	Spring
LA-FCS	First-Year Communication Seminar	3	
LA-FQR	Quantitative Reasoning	3	
ELECTIVE/MINOR		3	
		29	

YEAR 2			
THIRD SEMESTER			
COURSE		CREDITS	PREREQUISITES
BIOL 204	Fundamentals of Human Physiology	3	Fall
BIOL 204L	Fundamentals of Human Physiology	1	Fall
EXSC 205	Team Performance Training	3	Concurrent w/EXSC 250
EXSC 250	Performance Training Lab I	1	Concurrent w/EXSC 205
LA-TFR	Faith, Reason, and Ethics	3	
LA-ESS	Social Sciences	3	
JAN TERM			
COURSE		CREDITS	
ELECTIVE/MINOR		3	
EXPERIENTIAL		3	
FOURTH SEMESTER			
COURSE		CREDITS	
EXSC 260	Performance Training Lab II	1	Concurrent w/EXSC 206
EXSC 206	Individual and Dual Performance Training	3	Concurrent w/EXSC 260
EXSC 243	Principle of Fitness	3	
EXSC 276	Practicum in Health/Fitness/Wellness	2	Prior written approval by dept chair
LA-EAH	Arts and Humanities	3	
		29	

YEAR 3							
FIFTH SEMESTER							
COURSE		CREDITS		PR	EREQUISIT	ΓES	
EXSC 325	Exercise Physiology	3	BIOL 204	& 204L; in	str. Consei	nt; FYWS o	or ENG 111
EXSC 325L	Exercise Physiology Lab	1					
EXSC 230	Sport Psychology	4	PSYC 110	or permiss	ion from ir	nstructor	
ELECTIVE/MINOR		3					
LA-TCE	Creative Expression	3					
JAN TERM							
COURSE		CREDITS					
ELECTIVE/MINOR		3					
SIXTH SEMESTER							
COURSE		CREDITS					
EXSC 209	Principles of Coaching	3					
EXSC 345	Functional Kinesiology	3					
EXSC 339	Fundamental Technique of Exercise & Fitness	3					
LA-TBI	Big Issues	3					
EXPERIENTIAL		3					
		32					

YEAR 4			
SEVENTH SEMESTER	·		
COURSE		CREDITS	PREREQUISITES
EXSC 410	Admin of Health & Physical Activity Programs	3	FWS or ENG 111
EXSC 425	Essentials of Strength and Conditioning	3	
LA-TBI	Big Issues	3	
LA-FCG	Cultural and Global Understanding	3	
ELECTIVE/MINOR		3	
JAN TERM			
COURSE		CREDITS	
EXPERIENTIAL		3	
EIGHTH SEMESTER			
COURSE		CREDITS	
EXSC 476	Internship in Health/Fitness/Wellness	4	Junior or senior standing; approval by dept chair
EXPERIENTIAL		3	
ELECTIVE/MINOR		3	
ELECTIVE/MINOR		3	
		31	
	TOTAL CREDITS	121	