

# EXERCISE SCIENCE 555233BS

## Fitness Management Concentration

The following information has official approval of the **School of Sport Science and Wellness Education**, but is intended only as a supplemental guide.

*Italicized* courses fulfill General Education requirements. Unless a course is specified, refer to the General Education guide at <http://www.uakron.edu/general-education>

1 <sup>st</sup> Year	Fall Semester	Credit Hours	Prerequisites
3100:200	<i>*Human Anatomy &amp; Physiology I (Natural Science Requirement)</i>	3	
3100:201	<i>*Human Anatomy &amp; Physiology I Lab (Natural Science Requirement)</i>	1	
	<i>*English Composition I Requirement (see <b>Important</b> below)</i>	3	Appropriate placement by advisor
5550:125	<i>*Introduction to Exercise Science</i>	1	
	<i>*Math Requirement</i>	3-4	Appropriate placement by advisor
3750:100	<i>*Introduction to Psychology (Social Science)</i>	3	
<b>Total</b>		<b>14-15</b>	

1 <sup>st</sup> Year	Spring Semester	Credit Hours	Prerequisites
3100:202	<i>Human Anatomy &amp; Physiology II (Natural Science Requirement)</i>	3	3100:200
3100:203	Human Anatomy & Physiology II Lab	1	
	<i>*English Composition II Requirement (see <b>Important</b> below)</i>	3	3300:111 or equivalent
7600:105 or 7600:106	<i>*Intro to Public Speaking</i> Or <i>*Effective Oral Communication</i>	3	
3850:100	<i>*Introduction to Sociology (meets Social Science &amp; Domestic Diversity)</i>	3	
5550:150	Concepts of Health & Fitness	3	
<b>Total</b>		<b>16</b>	

**Important:**

- \*Preadmission courses must average 2.5 GPA with an overall GPA of 2.75 or higher for admission to the program.
- English I & II must be completed with a "C" or better
- All major coursework used for graduation requires a "C" or higher

2 <sup>nd</sup> Year	Fall Semester	Credit Hours	Prerequisites
5570:202	Stress Management	3	
5550:240	Care & Prevention of Athletic Injuries	3	3100:200, 3100:201 prerequisites 3100:202, 3100:203 corequisites
5550:235	Concepts of Motor Development and Learning	3	
2740:120	Medical Terminology	3	
	Arts requirement	3	See General Education guide
<b>Total</b>		<b>15</b>	

2 <sup>nd</sup> Year	Spring Semester	Credit Hours	Prerequisites
5550:220	Health Promotion and Behavior Change	3	5550:150
5550:201	Kinesiology	3	3100:200, 3100:201 or 3100:202, 3100:203
	<i>Critical Thinking/Humanities</i> requirement (see note on page 2)	3	See General Education guide
5550:370	Financial Aspects of Sports	3	
5550:426	Nutrition for Sports	3	
<b>Total</b>		<b>15</b>	

<b>3<sup>rd</sup> Year Fall Semester</b>			
	Additional <i>Arts or Humanities</i> requirement	3	See General Education guide
5550:302	Physiology of Exercise & Lab	3	3100:200, 3100:201, 3100:202, 3100:203, and admission to the Sport Science and Wellness Program
5550:366	Sport Communication	3	
5550:400	Musculoskeletal Anatomy I UE	3	3100:200, 3100:201, 3100:202, 3100:203, and 5550:201
5550:462	Legal Aspects of Physical Activity	2	
<b>Total</b>		<b>14</b>	

<b>3<sup>rd</sup> Year Spring Semester</b>			
5550:327	Exercise Leadership	3	5550:302
5550:352	Strength and Conditioning Fundamentals	3	3100:200, 3100:201, 3100:202, 3100:203
5550:401	Musculoskeletal Anatomy II LE	3	3100:200, 3100:201, 3100:202, 3100:203
	<i>Complex Systems Affecting Individuals in Society</i> requirement	4	See General Education guide
	<i>Global Diversity</i> requirement	3	See General Education guide
<b>Total</b>		<b>16</b>	

<b>4<sup>th</sup> Year Fall Semester</b>			
5550:449	Organization and Administration for Healthcare	3	Senior level status
5550:403	Exercise Testing	3	5550:302 and admission to the Sport Science and Wellness Program
5550:330	Exercise and Weight Control	3	5550:302
5550:422	Sport Planning and Promotion	3	
5550:420	Fundamentals of Management Strategies in	3	
<b>Total</b>		<b>15</b>	

<b>4<sup>th</sup> Year Spring Semester</b>			
5550:460	Practicum	6	Permission of advisor
5550:355	Exercise in Special Populations	3	5550:302, 5550:403
5550:404	Exercise Prescription	3	5550:403
5550:485	Exercise Science Capstone	2	5550:302, 5550:403
<b>Total</b>		<b>14</b>	
	<b>Minimum Credits for Degree</b>	<b>119-120</b>	

Note: *Critical Thinking* can double as a *Humanities* – see GE course listing (<http://www.uakron.edu/general-education>) or advisor

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