

Degrees Available at SIUE

- Bachelor of Science in Exercise Science

Exercise Science at SIUE

The exercise science program in the School of Education, Health and Human Behavior at SIUE is one of only five percent of programs nationally to have earned accreditation by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). The program is also accredited by the Committee on Accreditation for the Exercise Sciences (CoAES) and offers the only accredited program in the state of Illinois.

At SIUE, the exercise science program in the Department of Applied Health combines coursework in both the basic sciences and exercise sciences, along with real-world internships to ensure our students are prepared to excel in a variety of professional health and fitness settings. The program is based upon the knowledge, skills and abilities outlined by the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA) professional certifications. The exercise science program provides students with a solid academic foundation and is structured in a way that students have the opportunity to develop the skills and abilities that are critical in the growing fields of health, fitness, medicine, and physical and occupational rehabilitation.

You might enjoy exercise science if you:

- Are interested in working in a clinical health setting, such as medicine, physical therapy or occupational therapy
- Would like to work in a health or fitness setting such as corporate fitness, personal training or health and wellness promotion
- Want to work in a sports training or performance setting such as strength and conditioning or athletic training
- Like working with people.

Few academic programs offer such diverse opportunities for employment and professional development upon graduation as exercise science. The exercise science curriculum prepares graduates with the knowledge and practical experience necessary for employment as strength and conditioning specialists, personal trainers, and corporate, community and commercial fitness leaders. Students will typically need four academic years to complete all general education and major requirements.

The Accelerated Exercise Science program is offered for highly-motivated students. Through the accelerated program, general education and major requirements can be completed in three years.

Graduate and Professional School Preparation

The exercise science program provides an excellent academic foundation for students choosing to pursue graduate and professional degrees in a wide array of health careers, such as exercise physiology, physical therapy, occupational therapy, medicine and athletic training.

In addition, students graduating with a Bachelor of Science in exercise science are eligible to sit for two important industry certifications:

- American College of Sports Medicine's Health/Fitness Specialist certification
- National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (CSCS) certification, which is for professionals who design and implement strength training and conditioning programs for athletes in a team setting

Career Opportunities

Numerous career opportunities await students graduating with a degree in exercise science. Demand for exercise science graduates is expected to remain strong due to an increased emphasis on prevention of illness using exercise as a means of promoting good health, as well as treatment of disease or injury through physical therapy, occupational therapy or medicine.

At SIUE, approximately 70 percent of our graduates either go on to graduate school or enter health-related professional programs.

Completion of the exercise science program provides an excellent foundation for students choosing to pursue graduate and professional degrees in areas such as physical therapy, occupational therapy, medicine, chiropractic, physician's assistant and athletic training.

Approximately 30 percent of our graduates enter the field of exercise science directly in areas like cardiopulmonary rehabilitation, strength and conditioning, corporate fitness, sports medicine, community health and wellness, and personal training.

Applied Health Internship Program

The exercise science internship program is designed to provide students the opportunity to merge their academic knowledge with practical professional experience, while earning academic credit. The internship experience allows students to explore and clarify professional



Faculty

Faculty in the exercise science program in the School of Education, Health and Human Behavior represent a diverse group of professional educators, holding doctoral degrees from universities worldwide. A variety of teaching methods are used to provide an exceptional learning experience for students. Our faculty have extensive experience supervising student-led research which is presented at numerous local, regional and national conferences each year. Through excellence in teaching, research and service, faculty in the exercise science program work with students in and out of the classroom to engage and prepare students for careers in the health sciences.

Maria Fernandez Del Valle, PhD
2012, European University of Madrid

Chaya Gopalan, PhD
1988, University of Glasgow

Brianne Guilford, PhD
2013, University of Kansas

Erik Kirk, PhD
2004, University of Kansas

Bryan Smith, PhD
2004, University of Missouri

Lindsey Ross-Stewart, PhD
2009, University of North Dakota

Joshua Wooten, PhD
2008, Texas Women's University

Benjamin Webb, PhD
2014, Pennsylvania State University

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

SCHOOL OF EDUCATION
HEALTH & HUMAN BEHAVIOR

Sample Four-Year Curriculum

Fall Semester

Spring Semester

	Fall Semester	Spring Semester
Year 1	CHEM 120a/121a (BPS*) 3 or 4 CHEM 124a/125a (*EL) 1 ENG 101 English Composition I 3 Breadth Social Science (*BSS) 3 ACS 101 Public Speaking 3 Total Credits 13 or 14	KIN 275 Introduction to Careers in Nutritional & Exercise Sciences 3 BIOL 140/150 (BLS*) 3 or 4 New Freshman Seminar (NFS) 3 RA 101 3 ENG 102 English Composition II 3 Total Credits 15 or 16
Year 2	BIOL 240a Human Anatomy (BLS*, EL) 4 HED 111 Personal Health (EH) or EH Elective 3 KIN 310 Exercise Psychology 3 Breadth Fine & Performing Arts (BFPA) 3 Life, Physical or Social Science/Experience US Culture (*EUSC) 3 Total Credits 16	KIN Elective 3 KIN Elective 3 BIOL 240b Human Anatomy & Physiology (BLS*, EL) 4 Humanities Breadth (BHUM) 3 QR 101 Quantitative Reasoning 3 Total Credits 16
Year 3	KIN 350 Exercise Physiology 3 KIN 315 Functional Anatomy 3 KIN 319 Theory of Strength Training & Conditioning 3 KIN Elective 3 Life, Physical or Social Science* 3 Total Credits 15	KIN 417 Exercise for Special Populations 3 KIN 316 Biomechanics of Human Movement 3 IS Course 3 KIN 340 Organization of Exercise Facilities 3 Global Cultures (EGC) 3 Total Credits 15
Year 4	KIN 412 Biology of Cardiovascular and Metabolic Disease 3 KIN 416 Exercise Assessment/Programming 3 KIN Elective 3 KIN Elective 3 Life, Physical or Social Science (*) 3 Total Credits 15	KIN Elective 3 KIN 426 Cardiac Pulmonary Rehabilitation 3 KIN 460 Internship in Exercise Science 3 KIN 464 Senior Assignment in Exercise Science 3 STAT 107 or ACS 204 (or any BICS) 3 Total Credits 15

NOTES – The University requires students earning a Bachelor of Science (BS) degree to complete at least eight (8) courses in the sciences (life, physical or social) (*), including, as part of those eight (8) courses, two (2) courses designated as labs (EL).

Transfer Students To maximize your transfer experience, complete the **bolded** courses/requirements pre-transfer **AND** satisfy either the Illinois Articulation Initiative (IAI) General Ed Core or receive an AA, AS, or AAT (early childhood, special ed or math) degree from an IAI community college. If 'Minor' requirements are shown, discuss careful course selection with the academic advising contact listed. Transfer Credit Equivalency Guides are located at siue.edu/transfer.

Applied Health Internship Program, Cont.

goals, acquire new skills and develop professional contacts in their chosen field. Students seeking a degree in exercise science are required to complete an internship.

Internship experience benefits include:

- Clarification of career direction and goals
- Observation of professionals in the chosen field
- Hands-on application of academic coursework, theories and principles
- Participation in decision-making processes
- Gain a greater understanding of facility management and business operations
- Demonstration of leadership and organizational skills
- Obtain practical job experience and professional contacts

More information about the exercise science internship program is available on the Department of Applied Health website.

Exercise Science Student Research

Students in the Exercise Science program may optionally participate in research associated with faculty members for elective class credit (KIN 499 Individual Research). Previous research in the Exercise Science program has led to students presenting posters of their scientific work at state or national meetings, or having their work published in scientific publications. Research participation can help make students more attractive to graduate schools and future employers.

Students may also apply to the Undergraduate Research and Creative Activities (URCA) program, which enables students to participate in research and creative activities at the undergraduate level.

Facilities

Exercise Physiology Laboratory

The Exercise Physiology Laboratory (EPL) at SIUE, is a 3,000-square-foot, self-supporting facility dedicated to student training and faculty research. The EPL houses the Body Composition Laboratory, the Cardiovascular Laboratory and the Exercise Biochemistry

Laboratory in support of scientific investigations that range from the whole body to the cellular and molecular level. Undergraduate Exercise Science and graduate Exercise Physiology students will have the opportunity to practice and apply clinical and scientific skills. The EPL is an exceptional resource for faculty and students interaction that provides a tangible opportunity to apply knowledge into direct scientific action.

Physical Activity Clinic

The Physical Activity Clinic (PAC) is a private, temperature controlled exercise facility that is utilized for instructional exercise courses and faculty research initiatives. The PAC houses a wide range of aerobic, resistance and plyometric exercise equipment.

Admission Requirements

To be admitted to the exercise science major, students must:

- Earn a grade of C or better in Biology 140 or Biology 150 or its equivalent.
- Earn a grade of C or better in Chemistry 120a and Chemistry 124a, or Chemistry 121a and 125a, or their equivalents.
- Earn a grade of B or better in KIN 275 Introduction to Careers in Nutritional & Exercise Sciences.
- Have a cumulative grade point average (GPA) of 2.75 or higher.

Graduation Requirements

- Complete all specific program requirements.
- Complete all University requirements, including:
 - All general education requirements.
 - A minimum of 120 credit hours:
 - At least 30 of which must be completed at SIUE.
 - At least 60 of which must be completed at a regionally accredited 4-year institution.
 - A minimum cumulative GPA of 2.75.
- File an Application for Graduation by the first day of the term in which you plan to graduate.

Contact Information

School of Education, Health and Human Behavior Student Services Office
 Phone: 618-650-3940 | Email: soeadvise@siue.edu