

EXERCISE SCIENCE



School of Education, Health and Human Behavior • Department of Applied Health

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 the American College of Sports Medicine's Health/Fitness Specialist (HFS) certification and the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (CSCS) certification.

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.



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 throughout the country. 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 (Chair), 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 Curriculum for the Bachelor of Science in Exercise Science

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

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.

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.

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.

Direct Admission for High School Students

High school students with a strong academic record may apply for direct admission into the Exercise Science major. Students must have earned at least a 25 composite ACT score (1150 SAT) and at least a 3.25 high school GPA to be eligible for direct admission to the program.

This admission is contingent upon the student meeting state- and program-specific retention requirements while a student at SIUE. These requirements include:

- Maintain a cumulative GPA of 2.75 or higher.
- Earn a grade of B or better in KIN 275.
- 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 124a, or Chemistry 121a and 125a, or the equivalents.

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 grade point average (GPA) of 2.0.
- 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