

EXERCISE SCIENCE



School of Education • Department of Kinesiology and Health Education

Degrees Available at SIUE

- Bachelor of Science

Why Exercise Science?

The exercise science program combines coursework in both the basic sciences and exercise sciences with real-world internship experiences to provide students with the preparation needed to excel in a variety of professional health and fitness settings. The program was developed based on the Health Fitness Specialist certification criteria of the American College of Sports Medicine (ACSM).

Exercise Science at SIUE

The exercise science program at SIUE provides students with a solid academic foundation in anatomy, physiology and chemistry in support of cutting edge courses in applied exercise science and rehabilitation. Students are required to take major courses including functional anatomy, biomechanics, exercise assessment and prescription, and exercise physiology. The program is structured to provide students with the opportunity to develop the skills and abilities that are critical in the growing fields of health, fitness, medicine and rehabilitation.

Career Outlook

Upon graduation, students are equipped to work in a variety of professional settings including community recreational agencies, health-related clinics and hospitals, and corporate and sport industries. The major also provides an excellent foundation for those choosing to pursue advanced education in occupational therapy, physical therapy and other fields related to exercise and health science.

How to Apply

Contact the exercise science academic advisor.

Admission Requirements

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

- Earn a grade of “C” or better in Biology 140 or 150.
- Earn a grade “C” or better in CHEM 120a & 124a or CHEM 121a & 125a.
- Earn a grade of “B” or better in KIN 270, Introduction to Exercise Science.
- Obtain a cumulative grade point average of 2.75 or higher.

Graduation Requirements

Students are required to develop and deliver a community based senior assignment project and successfully complete 200 hours of an internship in a health, fitness, medical or rehabilitation setting.

Application Deadline

No deadline.

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Faculty

David Cluphf, Ed.D.

1999, West Virginia University

Jennifer Gapin, Ph.D.

2009, University of North Carolina - Greensboro

Dayna Henry, Ph.D.

2010, Indiana University

Jeff Herrick, Ph.D.

2009, Virginia Commonwealth University

Erik Kirk, Ph.D.

2004, University of Kansas

Nicole Klein, Ph.D.

1995, University of Texas - Austin

Curt Lox (Chair), Ph.D.

1994, University of Illinois

Bryan Smith, Ph.D.

2004, University of Missouri - Columbia

Joshua Wooten Ph.D.

2008, Texas Women's University

Huaibo Xin, DrPH

2011, University of North Carolina - Greensboro



SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

SCHOOL OF EDUCATION

Sample Four-Year Curriculum

	FALL	SPRING
YEAR 1	BIOL 140 Human Biology or BIOL 150 Biology Systems I + (3-4) ENG 101 English Composition I (3) SPC 103 Interpersonal Communication Skills (IGR) or SPC 105 Public Speaking (3) PSYC 111 Foundation of Psychology (recommended for Intro SS) (3) STAT 107 or 244 or CMIS 108 (3) Total hours 15-16	CHEM 120a & 124a General, Organic and Biological Chemistry or 121a & 125a General Chemistry I+ (4-5) ENG 102 English Composition II (3) PHIL 106, FL 106 or MATH 106 (3) SOC 111 (recommended for ISS) or FAH (3) KIN 275 Introductory to Exercise Science* (3) Total hours 16-17
YEAR 2	BIOL 240a Human Anatomy & Physiology^ (4) Introductory Fine Arts & Humanities (3) Distribution Social Science (PSYC 431 recommended) (3) Intergroup Relations (IGR) ** (3) KIN 300 Strength Training & Conditioning (3) Total hours 16	BIOL 240b Human Anatomy & Physiology (Dist NSM)^ (4) Distribution Fine Arts & Humanities (3) International Issues/International Cultural (II/IC) ** (3) KIN 445 Organization and Management of Exercise and Wellness Programs (3) KIN Elective # (3) Total hours 16
YEAR 3	KIN 350 Exercise Physiology (3) KIN 315 Functional Anatomy (3) KIN 414 Exercise Adherence (3) KIN Elective # (3) Elective # (3) Total hours 15	KIN 416 Exercising Assessment/Programming (3) KIN 316 Biomechanics of Human Movement (3) KIN 410 Exercise/Special Populations (3) KIN Elective # (3) Elective # (3) Total hours 15
YEAR 4	KIN 460 Internship in Exercise/Wellness (3) KIN 418 Physical Activity and Public Health (3) KIN 412 Biology of CVD (3) KIN Elective # (3) Interdisciplinary Studies (IS) (3) Total hours 15	KIN 464 Senior Assignment in Exercise Science (3) KIN 426 Cardiac and Pulmonary Rehabilitation (3) KIN Elective # (3) Elective # (3) Elective # (3) Total hours 15

TRANSFER STUDENTS Maximize your transfer experience - complete the **bolded** courses/requirements pre-transfer **AND** satisfy 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

* Consent of major advisor required prior to enrollment. A grade of "B" or better is required in KIN 275 prior to enrollment in other Kinesiology courses.

+ A grade of "C" or better is required prior to enrollment in Kinesiology courses other than KIN 275.

^ It is recommended that these courses be taken in the second year.

Please see your major advisor to discuss the suggested electives for preparation in the allied health areas of cardiac and pulmonary rehabilitation, exercise physiology, pre-medicine, pre-occupational therapy and pre-physical therapy, personal training and corporate wellness.

** Courses that fulfill this requirement may satisfy another General Education requirement. Refer to the SIUE Undergraduate Catalog for a list of approved courses.

Kinesiology and Health Education Programs at SIUE

Undergraduate Programs:

- Health Education
- Exercise Science
- Physical Education

Graduate Programs:

- Exercise Physiology
- Physical Education and Sport Pedagogy
- Sport and Exercise Behavior

Academic Advising Information

Monica Kempland

Office of Clinical Experiences, Certification, and Advisement (OCECA)

Campus Box 1126, Edwardsville, IL 62026-1126

Phone: 618.650.2614, Fax: 618.650.3719

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Contact Information

Dr. Jeff Herrick

Department of Kinesiology and Health Education

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