Undergraduate

Exercise Science

SIUe

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

Degrees Available at SIUE

- Bachelor of Science, Exercise Science

Exercise Science at SIUE

The exercise science program 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. The program reports annual outcome data and is held to the high standards of CoAES. Over the last five academic years, the exercise science program at SIUE reported a 98 percent retention rate and a graduate placement rate of 82 percent.

The exercise science program 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, cardiac rehabilitation, 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 Certified Exercise Physiologist 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

Hands-on Learning

Exercise Science 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 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 my optionally participate in research associated with faculty members for elective class credit (KIN 499 Individual Research). Previous

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
2002, 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/CHEM 121A** (BPS*)	3 or 4	**KIN 275** Introduction to Careers in Nutritional & Exercise Sciences	3
	CHEM 124A/CHEM 125A (*EL)	1	**BIOL 140/BIOL 150** (BLS*)	3 or 4
	ENG 101 English Composition I	3	Elective	2
	Breadth Social Science (*BSS)	3	RA 101 Reasoning and Argumentation	3
	ACS 101 Public Speaking	3	ENG 102 English Composition II	3
	FST 101 Succeeding & Engaging at SIUE	1	Total Credits	14 or 15
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Year 2	**BIOL 240A** Human Anatomy (BLS*, EL)	4	KIN Elective	3
	HED 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 Credits	16	Total Credits	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 Credits	15	Total Credits	15
Year 4	KIN 412 Biology of Cardiovascular and Metabolic Disease	3	KIN Elective	3
	KIN 416 Exercise Assessment/Programming	3	KIN 426 Cardiac 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 Credits	15	Total Credits	15
			Total Hours	**120**

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

Hands-on Learning, Cont.

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) 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-student 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.

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

Admission Requirements

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

- Earn a C or better in Biology 140 or Biology 150 or its equivalent
- Earn a C or better in Chemistry 120A and Chemistry 124A or Chemistry 121A and 125A or their equivalents
- Earn a B or better in KIN 275, Introduction to Careers in Nutritional & Exercise Sciences
- Have a cumulative 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 2.0
- 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: SEHHB-Advising@siue.edu

This information is concurrent with the 2019-2020 Academic Catalog.
Courses are subject to change at any time.

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