

BS IN EXERCISE SCIENCE (HEALTH FITNESS/STRENGTH CONDITIONING)

Units required for Major: 60

Total units required for BS: 120

Program Description

Exercise Science program mission is to study the scientific basis of how the human body functions across the lifespan in response to physical activity, exercise and sport. Exercise Science curriculum integrates knowledge from such science disciplines as biology, chemistry, and physiology so that students will gain a deep integrative understanding of human body functions at the mechanical, cellular, organ, and systems levels.

The major in Exercise Science qualifies an individual for career possibilities in cardiac rehabilitation, sports medicine, chiropractic, athletic training, geriatrics, health related fitness programming (fitness and corporate), and further scientific training in graduate school.

The Health Fitness/Strength Conditioning Specialist Concentration is designed for students who are interested in advanced scientific knowledge of how physical activity, exercise and sport alter health and human performance. Many students from this option pursue careers in fitness and corporate wellness, strength conditioning, and further their scientific training in graduate school.

Note: Students graduating with a **BS in Exercise Science** will not be subject to the University's Foreign Language Graduation Requirement. Students who change major may be subject to the University's Foreign Language Graduation Requirement.

Pre-Major Requirements

Freshman or transfer students interested in the BS in Exercise Science are admitted as Pre-Exercise Science Major students.

To change to a BS in Exercise Science, Pre-major students are required to complete the following grade and course requirements and submit a Declaration of Major/Concentration to the Kinesiology Department Office along with transcript copies.

1. An overall GPA of 2.0.
2. Completion of the **Pre-Major required courses** with a "C-" or better. Only first and second attempts will be considered.

Minimum Grade Requirement

All courses counted for the Exercise Science major must be completed with a "C-" or better.

Program Requirements

Code	Title	Units
Required Lower Division Core Courses (17 Units)		
BIO 10	Basic Biological Concepts ¹	3
BIO 22	Introductory Human Anatomy	4
CHEM 1A	General Chemistry I ¹	5
or CHEM 6A	Introduction to General Chemistry	
CHEM 1B	General Chemistry II	5

or CHEM 6B Introduction to Organic and Biological Chemistry

Required Upper Division Core Courses (43 Units)		
BIO 131	Systemic Physiology	4
KINS 151	Kinesiology	3
KINS 151A	Biomechanics	3
KINS 152	Physiology Of Exercise	3
KINS 152A	Fundamentals of Exercise Programs	3
KINS 152S	Energy Production & Sports Performance	3
KINS 144	Analysis of Weight Training & Muscular Fitness	2
KINS 156	Care Of Athletic Injuries	3
KINS 153	Cardiovascular Testing and Exercise Prescription	3
KINS 158	Motor Learning and Control	3
Health Fitness/Strength Conditioning Specialist Concentration		13
Total Units		60

¹ Course also satisfies General Education (GE)/Graduation Requirement.

Health Fitness/Strength Conditioning Specialist Concentration

In prior consultation with an exercise science advisor, a minimal of 13 units from the recommended list of courses below are required in **addition to the core courses above:**

Code	Title	Units
SELECT A MINIMUM OF 13 UNITS FROM THE FOLLOWING: 13		
NUFD 10	Nutrition And Wellness ¹	
NUFD 113	Nutrition And Metabolism ¹	
KINS 120	Strength and Conditioning	
KINS 122B	Cardiopulmonary Resuscitation	
KINS 132	Planning, Designing and Managing a Fitness Center	
KINS 136	Sport And Aging	
KINS 151B	Biomechanics II	
KINS 152B	Exercise Physiology of Women	
KINS 152C	Prolonged Exercise	
KINS 152D	Blood Lactate and Exercise	
KINS 160	Sport and Exercise Psychology	
PHYS 5A	General Physics: Mechanics, Heat, Sound ¹	
STAT 1	Introduction to Statistics ¹	
Total Units		13

¹ Course also satisfies General Education (GE)/Graduation Requirement.

General Education Requirements ¹

Code	Title	Units
Area A: Basic Subjects (9 Units)		
A1	Oral Communication	3
A2	Written Communication	3
A3	Critical Thinking	3
Area B: Physical Universe and Its Life Forms (13-19 Units)		
B1	Physical Science ²	5
B2	Life Forms ²	3

B3 - Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5) ²	5
B4 - Math Concepts ³	0 - 3
B5 - Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements. ⁴	0 - 3
Area C: Arts and Humanities (12 Units)	
C1 - Arts	3
C2 - Humanities	3
C1/C2 - Area C Course	3
C1/C2 - Area C Course - Take upper-division course to complete Area & upper division requirements.	3
Area D: The Individual and Society (12 Units)	
Area D Course	3
Area D Course	3
Area D Course	3
Area D Course - Take upper-division course to complete Area & upper division requirements.	3
Area E: Understanding Personal Development (0-3 Units)	
Area E Course ⁵	0 - 3
Total Units	46-55

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>). **Note:** There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email (advising@csus.edu).

² Required in Major; also satisfies GE.

³ Department offers students a "select from the following option" within the Concentration:

- If student chooses to take STAT 1, they will meet Area B4.

⁴ Department offers students a "select from the following option" within the Concentration:

- If student chooses to take NUFD 113, they will meet Area B5.

⁵ Department offers students a "select from the following option" within the Concentration:

- If student chooses to take NUFD 10, they will meet Area E.

Graduation Requirements¹

Code	Title	Units
Graduation Requirements (required by CSU) (9 Units)		
	American Institutions: U.S. History	3
	American Institutions: U.S. Constitution & CA Government	3
	Writing Intensive (WI)	3
Graduation Requirements (required by Sacramento State) (6 Units)		
	English Composition II	3
	Race and Ethnicity in American Society (RE)	3
	Foreign Language Proficiency Requirement ²	0

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² If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html> **Note:** Students with a declared major of BS in Exercise Science are exempt from the Foreign Language Graduation Requirement.