

## Faculty Senate Curriculum Revision Form

Effective Date: FALL

Submission Date: 9/17/2024

Department: HHPR

College of: Education

Contact Person: Cole Shewmake

Minor Required? No

**Revision**

Major/Minor/Emphasis/Certification Name:

**Exercise Science (Major)**

*If selection is "Deletion" complete questions 2, 3, & 4, then complete signatures.*

**Revision to Curriculum – REQUIRES ACADEMIC PLANNING EXCEL ATTACHED.**  
Used to change program name and/or curriculum, effective the upcoming academic catalog.  
Removes Major/Minor/Emphasis/Certificate from upcoming catalog.

1. Describe your Changes:

Adding Core classes that are prerequisites to other courses in the major. These courses have been previously excluded in the Core classes but are required of all Exercise Science majors.

Removing a class from the electives list and adding additional classes to the electives list.

2. Rationale for change, including changes to curriculum objectives:

These changes will make the requirements for the BS in the Exercise Science transparent to new and current students.

See Additional documents for specific changes.

Answers to Questions 3 and 6 below are both "No".

3. Will this change affect any education majors? *If "yes," this requirement will need approval of the Council for Teacher Education before upload to " College Curriculum Legislation" in SharePoint.*

Yes  No

4. If this change affects any other department on campus, **please attach any email notifications between departments.**

5. Does the revision meet University catalog definitions for majors, minors, emphases, and certificates as appropriate?

Yes  No

6. Will additional resources or costs will be required?

Yes  No

If so, what will be needed?

### **Definition of an Emphasis**

Area of Emphasis is a specific subject area that exists within an approved degree program and major. At Pittsburg State University a minimum of 12 credit hours and no more than 24 credit hours are expected for an area of emphasis in a baccalaureate degree program.

### **Definition of a Minor**

Minors at Pittsburg State University may range from 15 to 24 credit hours. When selected to accompany a degree that requires a minor there must be at least nine unique credit hours in the minor that are not found in the student's major in order to meet graduation requirements. In instances where the major requires a minor (not the degree type), academic departments/schools may specify minors that best achieve the learning objective for their students.

### **Definition of Certificate Program**

A certificate program can be undergraduate or graduate in course content and provides a specific body of knowledge for personal or career development or professional continuing education. Certificates may be taken while also pursuing a degree or independent from any other studies at Pittsburg State University. It is recommended that if the student is only pursuing a certificate and not in conjunction with a degree and wishes to apply for federal financial assistance that they visit with personnel in the Student Financial Assistance office regarding the eligibility for aid for the certificate of interest. At Pittsburg State University a certificate can range from 12 credit hours to 24 credit hours.

## Authorization Sign-Off Sheet

### Checklist

- Program guide from current catalog.
- Academic Planning Excel attached.
- 120 Credit hours met.
- Course Id's match Course names.
- Course hours are correct.
- Listed courses are currently active
- Needed Documentation attached.

-Approved: Department Chair/Director

Date: 9/17/2024

Signature: Cole Shewmake



-Approved: College Curriculum Committee

Date: 11/5/24

Signature: \_\_\_\_\_



-Approved: Dean of College

Date: 11/5/24

Signature: \_\_\_\_\_



-Approved: Council for Teacher Education (if applicable)

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

-Approved: University Undergraduate Curriculum Committee

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

-Approved: Faculty Senate

Date: \_\_\_\_\_

Signature, Recorder Faculty Senate: \_\_\_\_\_

Following final College Curriculum Committee approval, please apply the appropriate signatures, and send them to your College Administrator.

Originating Department: After completing this form, please upload it to the SharePoint, within the appropriate College folder, "Preliminary Legislation", to allow for review and questions. Any modifications should be saved as "original file name.v2.docx" and uploaded as well.

Make sure to attach the program guide from current catalog! (For Revised Curriculum)

<https://www.pittstate.edu/registrar/catalog>

## Academic Planning Document for 2025-2026

### Major/Emphasis/Minor/Certificate - Exercise Science B.S.

Course Prefix	Course Num.	Course Name	Cr. Hr.
<b>Core Courses -</b>			<b>51</b>
BIOL	111	General Biology	3
BIOL	112	General Biology Lab	2
BIOL	257	Anatomy and Physiology	3
BIOL	258	Anatomy and Physiology Lab	2
CHEM	105	Introductory Chemistry	3
CHEM	106	Introductory Chemistry Lab	1
FCS	203	Nutrition and Health	3
FCS	405	Advanced Nutrition and Wellness	3
EXSCI	490	Strength and Conditioning	3
EXSCI	520	Exercise Testing and Prescription	3
EXSCI	540	Introduction to Research Methods	3
EXSCI	550	Research Project in Exercise Physiology	3
EXSCI	599	Pre-Internship	1
HHP	460	Kinesiology	3
HHP	464	Physiology of Exercise	3
HHP	466	Motor Learning and Development	3
MATH	110 OR 143	College Algebra OR Elementry Statistics	3
PHIL	105 OR 112	Ethics OR Biomedical Ethics	3
PSYCH	155	General Psychology	3
<b>Support Courses -</b>			<b>0</b>
<b>Emphasis Courses -</b>			<b>21</b>
Total hours for Either emphasis, 15-21 hrs			
Clinical/Pre-professional Emphasis			
EXSCI	500	Physiology of Exercise II	3
EXSCI	510	Technology and Instrumentation in Exercise Physiology	3
EXSCI	530	Clinical Exercise Physiology	3
EXSCI	600	Internship	12
OR			
Human Performance/Strength Conditioning			
FCS	406	Sports Nutrition	3
EXSCI	480	Science and Skills for the Fitness Professional	3
EXSCI	495	Physiology of Weight Management	3
EXSCI	600	Internship	12
<b>Elective Courses -</b>			<b>14</b>
General Electives for Both Emphases, 14-34 hrs			
BIOL	211	Principles of Biology I	4
BIOL	212	Principles of Biology II	4

BIOL	322	Genetics	3
BIOL	323	Genetics Lab	2
BIOL	371	General Microbiology	2
BIOL	372	General Microbiology Lab	2
BIOL	410	Biological and Medical Terminology	2
BIOL	656	Human Physiology	3
BIOL	657	Human Physiology Lab	2
BIOL	660	Human Anatomy and Dissection	5
CHEM	215	General Chemistry	3
CHEM	216	General Chemistry Lab	2
CHEM	225	General Chemistry II	3
CHEM	226	General Chemistry II Lab	2
CHEM	575	Biochemistry I	3
COMM	629	Theories of Human Communication	3
FCS	285	Lifespan Human Development	3
HHP	260	First Aid and CPR	2
HHP	262	Care and Prevention of Athletic Injuries	2
HHP	349	Group Fitness Instruction	2
HHP	462	Adaptive Physical Education	2
HHPR	763	Scientific Principles of Strength and Conditioning	3
MGT	101	Introduction to Business	3
MGT	105	Introduction to Entrepreneurship	3
MGT	201	Introduction to Management	3
MKTG	201	Fundamentals of Marketing	3
NURS	265	Health Promotion and Disease Prevention	2
NURS	314	Health Care Terminology and Drug Calculations	3
NURS	405	Health Alterations in Older Adults	3
NURS	440	Pharmacology in Nursing I	3
NURS	441	Pharmacology in Nursing II	3
PHIL	207	Critical Thinking	3
PHIL	208	Logic	3
PHYS	100/130	College Physics I/Lab	5
PHYS	101/131	College Physics II/Lab	4
PSYCH	263	Developmental Psychology	3
PSYCH	362	Death and Dying	3
PSYCH	394	Principles of Learning	3
PSYCH	456	Intro to Social Psychology	3
PSYCH	571	Abnormal Psychology	3
PSYCH	675	Human Factors Psychology	3
REC	240	Intro to Therapeutic Recreation	3
REC	280	Methods and Leadership	3
REC	320	Promotion in Recreation, Sport, and Hospitality	3
REC	419	Research in Recreation	3
REC	441	Therapeutic Interventions for Older Adults	3
REC	450	Sport Operations and Governance	3
REC	465	Assessment and Documentation in TR	3
REC	469	Intervention in Therapeutic Recreation	3

REC	473	Diagnostic Groups within Therapeutic Rec	3
		Additional Electives Available for Clinical/Pre-Professional Emphasis	
EXSCI	480	Science and Skills for the Fitness Professional	3
EXSCI	495	Physiology of Weight Management	3
FCS	406	Sports Nutrition	3
		<b>Total Credit Hours -</b>	<b>86</b>
		<b>Minor -</b>	
		<b>General Education, 34-35 hours -</b>	<b>34</b>
		<b>Total Credit Hours:</b>	<b>120</b>

Be sure all information is correct and courses are active before submitting.  
Curriculum Revisions **REQUIRE** a program guide from the current catalog, 24/25.  
Your legislation will be returned if either is found.

# Bachelor of Science Degree with a major in Exercise Science

**Degree: Bachelor of Science**

**Major: Exercise Science**

**Emphasis available: Clinical/Pre-Professional,  
Human Performance/Strength Conditioning**

## Core Requirements, 32 hours

*See notes \*1*

- \_\_ CHEM-105 Introductory Chemistry (3 hours)
- \_\_ CHEM-106 Introductory Chemistry Laboratory (1 hour)
- \_\_ FCS-203 Nutrition and Health (3 hours)
- \_\_ FCS-405 Advanced Nutrition and Wellness (3)
- \_\_ EXSCI-490 Strength and Conditioning (3 hours)
- \_\_ EXSCI-520 Exercise Testing and Prescription (3 hours)
- \_\_ EXSCI-540 Introduction to Research Methods (3 hours)
- \_\_ EXSCI-550 Research Project in Exercise Physiology (3 hours)
- \_\_ EXSCI-599 Pre-Internship (1 hour)
- \_\_ HHP-460 Kinesiology (3 hours)
- \_\_ HHP-464 Physiology of Exercise (3 hours)
- \_\_ HHP-466 Motor Learning and Development (3 hours)

*Notes \*1: Minimum 3.00 GPA required*

## Select Exercise Science electives from:

*See notes \*2*

- \_\_ BIOL-211 Principles of Biology I (4 hours)
- \_\_ BIOL-212 Principles of Biology II (4 hours)
- \_\_ BIOL-322 Genetics (3 hours)
- and \_\_ BIOL-323 Genetics Laboratory (2 hours)
- \_\_ BIOL-371 General Microbiology (3 hours)
- and \_\_ BIOL-372 General Microbiology Laboratory (2 hours)
- \_\_ BIOL-410 Biological and Medical Terminology (2 hours)
- \_\_ BIOL-656 Human Physiology (3 hours)
- and \_\_ BIOL-657 Human Physiology Laboratory (2 hours)
- \_\_ BIOL-660 Human Anatomy and Dissection (5 hours)
- \_\_ CHEM-215 General Chemistry I (3 hours)
- and \_\_ CHEM-216 General Chemistry I Laboratory (2 hours)
- \_\_ CHEM-225 General Chemistry II (3 hours)
- and \_\_ CHEM-226 General Chemistry II Laboratory (2 hours)
- \_\_ CHEM-575 Biochemistry I (3 hours)
- \_\_ COMM-629 Theories of Human Communication (3 hours)
- \_\_ EXSCI-480 Science and Skills for the Fitness Professional (3 hours)
- \_\_ EXSCI-495 Physiology of Weight Management (3 hours)
- \_\_ FCS-285 Lifespan Human Development (3 hours)

- \_\_ FCS-406 Sports Nutrition (3 hours)
- \_\_ HHP-260 First Aid and CPR (2 hours)
- \_\_ HHP-262 Care and Prevention of Athletic Injuries (2 hours)
- \_\_ HHP-349 Group Fitness Instruction (2 hours)
- \_\_ HHP-462 Adapted Physical Education (2 hours)
- \_\_ HHP-763 Scientific Principles of Strength and Conditioning (3 hours)
- \_\_ MGT-101 Introduction to Business (3 hours)
- \_\_ MGT-105 Introduction to Entrepreneurship (3 hours)
- \_\_ MGT-201 Introduction to Management (3 hours)
- \_\_ MKTG-201 Fundamentals of Marketing (3 hours)
- \_\_ NURS-265 Health Promotion and Disease Prevention (2 hours)
- \_\_ NURS-314 Health Care Terminology and Drug Calculations (3 hours)

*Notes \*2: Other electives to meet minimum graduation requirements of 120 hours.*

## Select one of the following Emphases:

### Clinical/Pre-Professional

*See notes \*3*

- \_\_ EXSCI-500 Physiology of Exercise II (3 hours)
- \_\_ EXSCI-510 Technology and Instrumentation in Exercise Physiology (3 hours)
- \_\_ EXSCI-530 Clinical Exercise Physiology (3 hours)
- \_\_ EXSCI-600 Internship (6-12 hours)

*Notes \*3: 3.00 GPA required (Suggested Minor: Biology, Physical Science, Interdisciplinary Gerontology, Public Health, or Psychology)*

### Human Performance/Strength Conditioning

*See notes \*4*

- \_\_ FCS-406 Sports Nutrition (3 hours)
- \_\_ EXSCI-480 Science and Skills for the Fitness Professional (3 hours)
- \_\_ EXSCI-495 Physiology of Weight Management (3 hours)
- \_\_ EXSCI-600 Internship (6-12 hours)

*Notes \*4: 3.00 GPA required (Suggested Minor: Business Administration, Marketing, Public Health, or Psychology)*

## General Education Requirements

### English Discipline Requirements - 6 Total Hours

- \_\_ ENGL-101 English Composition (3 hours)
- \_\_ ENGL-299 Introduction to Research Writing (3 hours)

### Communications Discipline Requirements - 3 Total Hours

- \_\_ COMM-207 Speech Communication (3 hours)

### **Mathematics & Statistics Discipline Requirements - 3 Total Hours**

- \_\_\_ MATH-110 College Algebra with Review (5 hours)
- \_\_\_ MATH-113 College Algebra (3 hours)
- \_\_\_ MATH-126 Pre-Calculus (4 hours)
- \_\_\_ MATH-133 Quantitative Reasoning (3 hours)
- \_\_\_ MATH-143 Elementary Statistics (3 hours)
- \_\_\_ MATH-150 Calculus I (5 hours)
- \_\_\_ MATH-204 Mathematics for Education I (3 hours)

### **Natural & Physical Sciences Discipline Requirements - 4/5 Total Hours**

- \_\_\_ BIOL-111 General Biology (3 hours)
- \_\_\_ BIOL-112 General Biology Laboratory (2 hours)
- \_\_\_ BIOL-113 Environmental Life Science (4 hours)
- \_\_\_ BIOL-211 Principles of Biology I (4 hours)
- \_\_\_ CHEM-105 Introductory Chemistry (3 hours)
- \_\_\_ CHEM-106 Introductory Chemistry Laboratory (1 hour)
- \_\_\_ CHEM-215 General Chemistry I (3 hours)
- \_\_\_ CHEM-216 General Chemistry I Laboratory (2 hours)
- \_\_\_ PHYS-100 College Physics I (4 hours)
- \_\_\_ PHYS-104 Engineering Physics I (4 hours)
- \_\_\_ PHYS-130 Elementary Physics Laboratory I (1 hour)
- \_\_\_ PHYS-160 Physical Geology (3 hours)
- \_\_\_ PHYS-165 Physical Geology Laboratory (1 hour)
- \_\_\_ PHYS-166 Meteorology (3 hours)
- \_\_\_ PHYS-167 Meteorology Laboratory (1 hour)
- \_\_\_ PHYS-171 Physical Science (3 hours)
- \_\_\_ PHYS-172 Physical Science Laboratory (1 hour)
- \_\_\_ PHYS-175 Descriptive Astronomy (3 hours)
- \_\_\_ PHYS-176 Astronomy Laboratory (1 hour)
- \_\_\_ PHYS-375 Solar System Astronomy (3 hours)

### **Social & Behavioral Sciences Discipline Requirements - 6 Total Hours**

- \_\_\_ ANTH-101 Introduction to Cultural Anthropology (3 hours)
- \_\_\_ ECON-191 Issues in Today's Economy (3 hours)
- \_\_\_ ECON-200 Principles of Microeconomics (3 hours)
- \_\_\_ ECON-201 Principles of Macroeconomics (3 hours)
- \_\_\_ ETECH-502 Engineering Economy (3 hours)
- \_\_\_ GEOG-106 World Regional Geography (3 hours)
- \_\_\_ GEOG-300 Elements of Geography (3 hours)
- \_\_\_ GEOG-304 Human Geography (3 hours)
- \_\_\_ POLS-101 U.S. Politics (3 hours)
- \_\_\_ POLS-103 Comparative Politics (3 hours)
- \_\_\_ POLS-201 Introduction to Public Policy (3 hours)
- \_\_\_ PSYCH-155 General Psychology (3 hours)
- \_\_\_ SOC-100 Introduction to Sociology (3 hours)
- \_\_\_ SWK-250 Relationship Skills (3 hours)
- \_\_\_ WGS-200 Introduction to Women's Studies (3 hours)
- \_\_\_ WGS-399 Global Women's Issues (3 hours)

### **Arts & Humanities Discipline Requirements - 6 Total Hours**

- \_\_\_ ART-178 Introduction to the Visual Arts (3 hours)
- \_\_\_ ART-188 The Designed World (3 hours)
- \_\_\_ ART-217 Crafts I (3 hours)

- \_\_\_ ART-222 Jewelry/Metals I (3 hours)
- \_\_\_ ART-233 Drawing I (3 hours)
- \_\_\_ ART-244 Ceramics I (3 hours)
- \_\_\_ ART-266 Sculpture I (3 hours)
- \_\_\_ ART-277 Painting I (3 hours)
- \_\_\_ ART-288 Introduction to Art History I (3 hours)
- \_\_\_ ART-289 Introduction to Art History II (3 hours)
- \_\_\_ ART-311 Art Education (3 hours)
- \_\_\_ COMM-105 Performance Appreciation (3 hours)
- \_\_\_ COMM-205 Performance Studies (3 hours)
- \_\_\_ COMM-395 Theatre History (\_\_\_) (3 hours)
- \_\_\_ ENGL-113 Literature and Culture (3 hours)
- \_\_\_ ENGL-114 General Literature (Genre) (3 hours)
- \_\_\_ ENGL-116 General Literature (Theme) (3 hours)
- \_\_\_ ENGL-117 Introduction to Fiction (3 hours)
- \_\_\_ ENGL-118 Introduction to Poetry (3 hours)
- \_\_\_ ENGL-120 Literature and Film (3 hours)
- \_\_\_ ENGL-121 Intro to Anti-Racist Literature (3 hours)
- \_\_\_ ENGL-122 Introduction to Women's Literature (3 hours)
- \_\_\_ ENGL-123 The Citizen in Literature (3 hours)
- \_\_\_ ENGL-125 Introduction to Horror in Literature (3 hours)
- \_\_\_ ENGL-250 Introduction to Creative Writing (3 hours)
- \_\_\_ ENGL-315 Mythology (3 hours)
- \_\_\_ ENGL-320 Literature and Film (3 hours)
- \_\_\_ HHP-151 Dance Appreciation (3 hours)
- \_\_\_ HIST-101 World History to 1500 (3 hours)
- \_\_\_ HIST-102 World History from 1500 (3 hours)
- \_\_\_ HIST-201 American History to 1865 (3 hours)
- \_\_\_ HIST-202 American History from 1865 (3 hours)
- \_\_\_ HONOR-200 The Power of Music (3 hours)
- \_\_\_ MLL-124 French Language and Culture I (3 hours)
- \_\_\_ MLL-154 Spanish Language and Culture I (3 hours)
- \_\_\_ MUSIC-120 Music Appreciation (\_\_\_) (3 hours)
- \_\_\_ MUSIC-121 Introduction to Music Literature (3 hours)
- \_\_\_ MUSIC-321 History of Music (3 hours)
- \_\_\_ MUSIC-322 History of Music (3 hours)
- \_\_\_ PHIL-103 Introduction to Philosophy (3 hours)
- \_\_\_ PHIL-105 Ethics (3 hours)
- \_\_\_ PHIL-112 Biomedical Ethics (3 hours)
- \_\_\_ PHIL-113 Business Ethics (3 hours)
- \_\_\_ PHIL-114 Environmental Ethics (3 hours)
- \_\_\_ PHIL-231 World Religions (3 hours)

### **Institutionally Designated Requirements - 6 Total Hours**

- \_\_\_ UGS-150 Gorilla Gateway (2 hours)

#### **Any 1 credit hour class from the following:**

- \_\_\_ DANCE-200 Dance (\_\_\_) (1-3 hours)
- \_\_\_ EXSCI-200 Introduction to Exercise Science (1 hour)
- \_\_\_ HHP-150 Lifetime Fitness Concepts (1 hour)

#### **Any 3 credit hour class from 4, 5, 6 or the following:**

- \_\_\_ BIOL-617 Environmental Health (3 hours)
- \_\_\_ BUS-101 Introduction to Business (3 hours)
- \_\_\_ DSIS-130 Computer Information Systems (3 hours)
- \_\_\_ EDUC-261 Explorations in Education (3 hours)
- \_\_\_ EET-247 Computer Programming for Electronic Systems (3 hours)



- \_\_\_ EDTH-330 Technology for Teaching and Learning (3 hours)
  - \_\_\_ FCS-203 Nutrition and Health (3 hours)
  - \_\_\_ FCS-230 Consumer Education and Personal Finance (3 hours)
  - \_\_\_ FIN-210 Financial Planning (3 hours)
  - \_\_\_ GT-210 Technology in the World Today (3 hours)
  - \_\_\_ GT-350 Technology and Civilization (3 hours)
  - \_\_\_ HIST-207 Health Habits in American History (3 hours)
  - \_\_\_ MECET-121 Engineering Graphics I (3 hours)
  - \_\_\_ MFGET-263 Manufacturing Methods I (2 hours)
  - \_\_\_ MFGET-268 Manufacturing Methods I Laboratory (1 hour)
  - \_\_\_ MFGET-405 Quality Control (3 hours)
  - \_\_\_ NURS-303 Introduction to Public Health (3 hours)
  - \_\_\_ PHIL-206 Rational Decisions (3 hours)
  - \_\_\_ PHIL-207 Critical Thinking (3 hours)
  - \_\_\_ PHIL-208 Logic (3 hours)
  - \_\_\_ REC-350 Promoting Community and Worksite Wellness (3 hours)
- 

Revised: 08/13/2024