

EXERCISE SCIENCE AND WELLNESS - CLINICAL (BACHELOR OF SCIENCE)

Students majoring in Exercise Science and Wellness – Clinical concentration may attain this degree by completing:

Course	Title	Credits
General Studies Curriculum		41
Pre-Professional Courses		
HPE 109	Concepts of Wellness	3
HPE 165	Introduction Exercise Science and Wellness	1
HPE 232	Sports Safety and First Aid Training	2
HPE 272	Basic Athletic Training	3
BY 102 & BY 104	Introductory Biology II and Introductory Biology Lab II	4
BY 263	Human Anatomy and Physiology I	4
MS 204	Basic Statistics	3
FCS 215 or FCS 322	Introductory Nutrition Normal Nutrition	3
SSC 101	First Year Experience	0
Core Courses		
HPE 209	Essentials of Human Performance	3
HPE 350	Introduction to Personal Training	3
HPE 362	Kinesiology	3
HPE 400	Exercise Physiology	3
HPE 413	Exercise Physiology Lab	1
HPE 415	Biomechanics (WI)	3
HPE 430	Exercise Prescription	3
HPE 440	Fitness Testing	3
HPE 441	Design of Wellness Programs	3
HPE 450	ESW Research Seminar (WI)	3
HPE 465	Practicum in Exercise Science and Wellness	6
Select 16 hours from the following: ¹		16
BY 264	Human Anatomy and Physiology II	
BY 320	Comparative Vertebrate Anatomy	
BY 322	Genetics (WI)	
BY 323	Microbiology	
BY 373	Cell Biology	
BY 403	Immunology	
CY 106 & CY 108	General Chemistry II and General Chemistry Laboratory II	
EH 322	Technical Writing (WI)	
NU 130	Medical Terminology	
PHS 201 & PHS 203	College Physics I and College Physics Laboratory Techniques I	
PHS 202 & PHS 204	College Physics II and College Physics Laboratory Techniques II	
PSY 330	Abnormal Psychology	
Exercise Science designed electives (six hours must be 300+)		10
Additional Requirements		

Obtain an advisor approved national certification from the American College of Sports Medicine or National Strength and Conditioning Association

Total Hours **124**

¹ Advisor Designed Electives

Students will be classified as “ESW_CLN_Undecided” majors prior to assessment into the ESW program.

At the completion of the sophomore year, students may seek assessment into the ESW upper level courses upon email invitation from the Kinesiology Office.

Program candidates are assessed twice per year. All the following criteria must be met:

1. The candidate must have earned a minimum of 60 semester hours of college credit.
2. The candidate must have earned an overall grade point average of 3.25 based upon a 4.00 scale to include all HPE courses and BY 263 with a “C” or better. After assessment to the ESW upper level courses (Clinical concentration), the student is required to maintain a minimum 3.25 grade point average. In accordance with the Department of Kinesiology Grades Dismissal Policy, a student may repeat a professional course only once and may not accumulate more than three (3) grades of “D” or “F” in “professional studies” courses. In accordance with the Department of Kinesiology GPA Dismissal Policy, failure to maintain the appropriate GPA will result in dismissal from the ESW program. Reinstatement to the ESW program is at the discretion of the ESW committee.
3. The candidate must have submitted three (3) written recommendations to include one personal, one professional and one academic reference.
4. The candidate must satisfactorily complete an interview to provide information of the student’s personality, interests, and aptitudes consistent with the requirements for a successful ESW career.

*In addition to courses noted below, candidates for graduation must successfully complete all JSU Academic Regulations. **More information about general education requirements can be found in the Summary of Degrees/Requirements** (<https://catalog.jsu.edu/undergraduate/summary-degrees-requirements/>) **section of the catalog.***

Freshman

Fall	Hours	
EH Composition sequence	3	
BY 101 & BY 103	Introductory Biology I and Introductory Biology Lab I	4
MS 112	Precalculus Algebra	3
History/Social/Behavioral Science		3
PSY 201	Principles of Psychology	3
SSC 101	First Year Experience	0
Hours	16	

Spring

EH Composition sequence	3	
Humanities/Fine Arts		3
BY 102 & BY 104	Introductory Biology II and Introductory Biology Lab II	4
History/Social/Behavioral Science		3
HPE 109	Concepts of Wellness	3
HPE 165	Introduction Exercise Science and Wellness	1
Hours	17	

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Sophomore

Fall		
Literature/Humanities/Fine Arts		3
CY 105 & CY 107	General Chemistry I and General Chemistry Laboratory I	4
BY 263	Human Anatomy and Physiology I	4
PSY 222	Human Development	3
HPE 209	Essentials of Human Performance	3
Hours		17

Spring		
Literature/Humanities/Fine Arts		3
EH 141	Speech	3
MS 204	Basic Statistics	3
HPE 232	Sports Safety and First Aid Training	2
HPE 272	Basic Athletic Training	3
FCS 215 or FCS 322	Introductory Nutrition or Normal Nutrition	3
Hours		17

Junior		
Fall		
HPE 350	Introduction to Personal Training	3
HPE 362	Kinesiology	3
HPE 400	Exercise Physiology	3
HPE 413	Exercise Physiology Lab	1
Advisor Designed Electives ¹		6
Hours		16

Spring		
HPE 415	Biomechanics (WI)	3
HPE 430	Exercise Prescription	3
Advisor Designed Electives ¹		6
ESW Designed Electives		4
Hours		16

Senior		
Fall		
HPE 440	Fitness Testing	3
Advisor Designed Electives ¹		4
ESW Designed Electives		6
Hours		13

Spring		
HPE 441	Design of Wellness Programs	3
HPE 450	ESW Research Seminar (WI)	3
HPE 465	Practicum in Exercise Science and Wellness	6
Hours		12
Total Hours		124

¹ Select from the following: BY 264 Human Anatomy and Physiology II (4), BY 320 Comparative Vertebrate Anatomy (4), BY 322 Genetics (WI) (4), BY 323 Microbiology (4) BY 373 Cell Biology (4), BY 403 Immunology (3), CY 106 General Chemistry II (3) and CY 108 General Chemistry Laboratory II (1), EH 322 Technical Writing (WI) (3), NU 130 Medical Terminology (3), PHS 201 College Physics I (3) and PHS 203 College Physics Laboratory Techniques I (1), PHS 202 College Physics II (3) and PHS 204 College Physics Laboratory Techniques II (1), PSY 330 Abnormal Psychology (3).