

EXERCISE SCIENCE AND WELLNESS - HUMAN PERFORMANCE (BACHELOR OF SCIENCE)

Students majoring in Exercise Science and Wellness – Human Performance 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 263	Human Anatomy and Physiology I	4
MS 204 or ST 260	Basic Statistics Statistics/Quantitative Methods I	3
FCS 215 or FCS 322	Introductory Nutrition Normal Nutrition	3
SSC 101	First Year Experience	0
Core Curriculum		
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
Exercise Science designed electives (six hours must be 300+)		10
Advisor guided electives		16
Obtain an advisor approved national certification from the American College of Sports Medicine or National Strength and Conditioning Association		
Total Hours		120

Students will be classified as “ESW_HP_N_Undecided” majors prior to assessment for upper level ESW courses.

At the completion of the sophomore year, students may seek assessment into the ESW upper level courses upon email invitation 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 2.50 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 (Human Performance concentration), the student is required to maintain a minimum 2.50 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 from professors in the general studies area.
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		Hours
Fall		
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 263	Human Anatomy and Physiology I	4
History/Social/Behavioral Science		3
HPE 109	Concepts of Wellness	3
HPE 165	Introduction Exercise Science and Wellness	1
Hours		17
Sophomore		
Fall		
EH 141	Speech	3
Literature/Humanities/Fine Arts		3
CY 105 & CY 107	General Chemistry I and General Chemistry Laboratory I	4
PSY 222	Human Development	3
HPE 209	Essentials of Human Performance	3
Hours		16
Spring		
Literature/Humanities/Fine Arts		3
HPE 232	Sports Safety and First Aid Training	2
HPE 272	Basic Athletic Training	3
ESW Designed Elective		3
MS 204 or ST 260	Basic Statistics or Statistics/Quantitative Methods I	3
FCS 215 or FCS 322	Introductory Nutrition or Normal Nutrition	3
Hours		17
Junior		
Fall		
HPE 350	Introduction to Personal Training	3

2 Exercise Science and Wellness - Human Performance (Bachelor of Science)

HPE 362	Kinesiology	3
HPE 400	Exercise Physiology	3
HPE 413	Exercise Physiology Lab	1
Advisor Designed Electives		3
ESW Designed Electives		4
Hours		17
Spring		
HPE 415	Biomechanics (WI)	3
HPE 430	Exercise Prescription	3
Advisor Designed Electives		4
ESW Designed Electives		3
Hours		13
Senior		
Fall		
HPE 440	Fitness Testing	3
Advisor Designed Electives		9
Hours		12
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		120