

# EXERCISE SCIENCE AND WELLNESS - PRE-HEALTH PROFESSIONS (BACHELOR OF SCIENCE)

Students majoring in Exercise Science and Wellness – Pre-Health Professions concentration may attain this degree by completing:

Course	Title	Credits
<b>Jax MIX General Education Curriculum</b>		<b>41</b>
<b>Pre-Professional Courses</b> <sup>1</sup>		
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 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
<b>Total Hours</b>		<b>64</b>

Course	Title	Credits
<b>Major Courses</b>		
HPE 209	Essentials of Human Performance	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

## Concentration Requirements

HPE 350	Introduction to Personal Training	3
HPE 465	Practicum in Exercise Science and Wellness	6
Exercise Science Designed Electives		6
Advisor Designed Electives - Select 16 hours from the following: <sup>2</sup>		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

## Additional Requirements

Obtain a faculty approved national certification.

**Total Hours** **56**

<sup>1</sup> Grade of C or better required for all Pre-Professional courses.

<sup>2</sup> Advisor Designed Electives

Students will be classified as "ESW\_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 to attend the ESW assessment seminar.

Program candidates are only assessed twice per year during the ESW assessment seminar. Failure to attend the seminar will delay registration into upper-level courses. All of the following criteria must be met:

- The candidate must have earned a minimum of 54 semester hours of college credit.
- 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.
- The candidate must submit one (1) written recommendation (personal, professional or academic).
- The candidate must confirm understanding of ESW curriculum requirements, along with personality, interests, and aptitudes consistent with a successful ESW career.

*In addition to courses noted below, candidates for graduation must successfully complete all JSU Academic Regulations. More information about Jax MIX requirements (<https://catalog.jsu.edu/undergraduate/jax-mix-requirements/>) and Alabama Transfers equivalents (<https://catalog.jsu.edu/undergraduate/alabama-transfers-equivalents/>) can be found in their respective section of the catalog.*

## Freshman

Fall	Hours
Jax MIX Communication: EH Composition sequence	3
BY 101 & BY 103	4
MS 112	3
PSY 201	3
Jax MIX Experience: History	3
SSC 101	0
<b>Hours</b>	<b>16</b>

2 Exercise Science and Wellness - Pre-Health Professions (Bachelor of Science)

<b>Spring</b>		
Jax MIX Communication: EH Composition sequence		3
Jax MIX Expression: Fine Arts		3
Jax MIX Experience		3
BY 102 & BY 104	Introductory Biology II and Introductory Biology Lab II <sup>1</sup>	4
HPE 109	Concepts of Wellness <sup>1</sup>	3
HPE 165	Introduction Exercise Science and Wellness <sup>1</sup>	1
<b>Hours</b>		<b>17</b>
<b>Sophomore</b>		
<b>Fall</b>		
Jax MIX Expression: Literature		3
CY 105 & CY 107	General Chemistry I and General Chemistry Laboratory I (Jax MIX Inquiry)	4
PSY 222	Human Development (Jax MIX Experience)	3
BY 263	Human Anatomy and Physiology I <sup>1</sup>	4
HPE 209	Essentials of Human Performance	3
<b>Hours</b>		<b>17</b>
<b>Spring</b>		
Jax MIX Expression		3
EH 141	Speech (Jax MIX Communication)	3
FCS 215 or FCS 322	Introductory Nutrition <sup>1</sup> or Normal Nutrition	3
HPE 232	Sports Safety and First Aid Training <sup>1</sup>	2
HPE 272	Basic Athletic Training <sup>1</sup>	3
MS 204 or ST 260	Basic Statistics <sup>1</sup> or Statistics/Quantitative Methods I	3
<b>Hours</b>		<b>17</b>
<b>Junior</b>		
<b>Fall</b>		
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 <sup>2</sup>		3
<b>Hours</b>		<b>13</b>
<b>Spring</b>		
HPE 415	Biomechanics (WI)	3
HPE 430	Exercise Prescription	3
Advisor Designed Electives <sup>2</sup>		9
<b>Hours</b>		<b>15</b>
<b>Senior</b>		
<b>Fall</b>		
HPE 440	Fitness Testing	3
Advisor Designed Electives <sup>2</sup>		4
ESW Designed Electives		6
<b>Hours</b>		<b>13</b>
<b>Spring</b>		
HPE 441	Design of Wellness Programs	3
HPE 450	ESW Research Seminar (WI)	3
HPE 465	Practicum in Exercise Science and Wellness	6
<b>Hours</b>		<b>12</b>
<b>Total Hours</b>		<b>120</b>

II (3) and PHS 204 College Physics Laboratory Techniques II (1), PSY 330 Abnormal Psychology (3).

<sup>1</sup> Grade of C or better required for all Pre-Professional courses.

<sup>2</sup> 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