# **Exercise and Sport Science BS**

#### **Overview**

The **Bachelor of Science in Exercise and Sport Science**, offered by the Department of Health and Rehabilitation Sciences, focuses on the science and practice of health, fitness and sports performance. This program prepares students for a range of professional certifications and physical fitness careers. The Exercise and Sport Science program focuses on providing training to work with individuals and small groups in two areas of emphasis:

- 1. Exercise Physiology (the application of exercise principles involving populations that are either healthy or have pre-existing medical conditions), and
- 2. Sports Performance (the application of sport science principles involving populations whose primary goals are competitive and related to sports performance).

Our students pursue a wide range of pathways, including workforce opportunities and pursuing advanced studies, following graduation from the Exercise and Sport Science program.

- 1. Workforce Opportunities: Our students work in a variety of university, corporate, commercial, community and clinical settings. Career opportunities include working in clinical exercise physiology, cardiac rehabilitation, strength and conditioning, sport performance, and personal training.
- 2. Graduate Training in Exercise and Sport Science: Our students are prepared to attend graduate programs focused on exercise science, exercise physiology, kinesiology and human performance.
- 3. Graduate Training in Other Professional Fields: Our students develop a strong foundation that prepares them for other graduate programs, including athletic training, recreational therapy, physical therapy and other allied health professions. If pursuing graduate studies is a future goal of yours, please see your academic advisor for further details early in your program of study.

To prepare students for these career pathways, our curriculum incorporates didactic training and hands-on learning experiences required to sit for several professional examinations. We thoughtfully integrate multiple hands-on learning experiences that include laboratory experiences, service-learning opportunities, and a culminating internship that provides students with real-world experience implementing what was learned in the classroom throughout the Exercise and Sport Science program.

Campus Location: Main

Program Code: HP-EXSS-BS

#### **Contact Information**

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Learn more about the Bachelor of Science in Exercise and Sport Science.

These requirements are for students who matriculated in academic year 2023-2024. Students who matriculated prior to fall 2023 should refer to the Archives to view the requirements for their Bulletin year.

## **Summary of Requirements**

#### **University Requirements**

All new students are required to complete the university's General Education (GenEd) curriculum.

All Temple students must take a minimum of two writing-intensive courses as part of the major. The specific writing-intensive courses required for this major are KINS 3196 and KINS 4396.

#### **College Requirement**

All College of Public Health undergraduates must successfully complete the College Core Course, HRPR 1001 Public Health: The Way We Live, Work and Play.

#### **Clearance Requirements**

Please note that the Exercise and Sport Science program requires students to complete clinical/field education experiences at facilities both on and off the University campus. Many of these placements may require that you have personal health insurance. Additionally, these placements <u>may require</u>

criminal background checks, Act 33/34 clearances, health clearances and immunizations and perhaps a drug screen. The results of these requirements may limit and potentially eliminate placement options for the student which can, in turn, result in an inability to meet graduation requirements.

#### **Major Requirements**

Exercise and Sport Science CoreKINS 1203Introduction to Exercise and Sport Science3KINS 1223Human Anatomy and Physiology I4KINS 1224Human Anatomy and Physiology II4KINS 2001Social Determinants of Health and Physical Activity3KINS 2203Physiology of Physical Activity4SBS 2204Diet and Weight Management3HRPR 2421First Aid and CPR for Health and Exercise3KINS 3196Psychology of Physical Activity3KINS 3202Biomechanics of Physical Activity4KINS 3203Diet colspan="2">Physical ActivityKINS 3203Biomechanics of Physical Activity4
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KINS 3196Psychology of Physical Activity3KINS 3202Biomechanics of Physical Activity4KINS 3203Exercise Assessment and Programming4KINS 3204Biomechanics of Physical Filterer4
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KINS 3203 Exercise Assessment and Programming 4
VINO 20040
KINS 3316 Principles of Personal Fitness 4
KINS 3368 Principles of Health Fitness Program Management 3
KINS 4311 Advanced Physiology of Exercise 3
KINS 4364 Business Management for Exercise Professionals 3
KINS 4385 Exercise and Sport Science Internship I 3
KINS 4396 Research and Writing in Exercise and Sport Science (WI) 3
KINS 4485 Exercise and Sport Science Internship II 3
Kinesiology Physical Activity Program (KPAP) Courses 4
Content Electives
Select from the following: 12
HRPR 1444 Movement Injuries: Prevention and Care
KINS 3362 Olympic and Powerlifting
KINS 3363 Basic Electrocardiography
KINS 4283 Directed Readings and Study in Kinesiology
KINS 4290 Special Topics in Kinesiology
KINS 4315 Applied Performance Nutrition
KINS 4316 Principles of Strength and Conditioning
KINS 4333 Clinical Cardiovascular Pulmonary Exercise Physiology
KINS 4335 Clinical Exercise Physiology
CHEM 1031 General Chemistry I
CHEM 1033 General Chemistry Laboratory I
CHEM 1032 General Chemistry II
CHEM 1034 General Chemistry Laboratory II
BIOL 1011 General Biology I
BIOL 1012 General Biology II
PHYS 1021 Introduction to General Physics I
MATH 1021 College Algebra
MATH 1022 Precalculus
MATH 1041 Calculus I

**Total Credit Hours** 

# Suggested Academic Plan

# Bachelor of Science in Exercise and Sport Science

## Suggested Plan for New Students Starting in the 2023-2024 Academic Year

Year 1		
Fall		Credit Hours
HRPR 1001	Public Health: The Way We Live, Work and Play	3
KINS 1203	Introduction to Exercise and Sport Science	3
KINS 1223	Human Anatomy and Physiology I	4
Kinesiology Physical Activity	Program (KPAP) Course	2
GenEd Breadth Course		3
	Credit Hours	15
Spring		
KINS 1224	Human Anatomy and Physiology II	4
Kinesiology Physical Activity	Program (KPAP) Course	2
ENG 0802	Analytical Reading and Writing	4
or ENG 0812	or Analytical Reading and Writing: ESL	
or ENG 0902	or Honors Writing About Literature	
GenEd Quantitative Literacy	(GQ)	4
GenEd Breadth Course		3
	Credit Hours	17
Year 2		
Fall		
KINS 2001	Social Determinants of Health and Physical Activity	3
KINS 2203	Physiology of Physical Activity	4
KINS 2424	Functional Anatomy for Kinesiology	3
IH 0851	Intellectual Heritage I: The Good Life	3
or IH 0951	or Honors Intellectual Heritage I: The Good Life	
Free Elective		3
	Credit Hours	16
Spring		
HRPR 2421	First Aid and CPR for Health and Exercise	3
SBS 2204	Diet and Weight Management	3
KINS 3202	Biomechanics of Physical Activity	4
IH 0852	Intellectual Heritage II: The Common Good	3
or IH 0952	or Honors Intellectual Heritage II: The Common Good	
GenEd Breadth Course		3
	Credit Hours	16
Year 3		
Fall		
KINS 3203	Exercise Assessment and Programming	4
KINS 3196	Psychology of Physical Activity	3
GenEd Breadth Course		3
GenEd Breadth Course		3
Free Elective		3
	Credit Hours	16
Spring		
KINS 3316	Principles of Personal Fitness	4
KINS 3368	Principles of Health Fitness Program Management	3
ESS Content Elective		3
Free Elective		3
	Credit Hours	13

Total Credit Hours	120
Credit Hours	12
	3
	3
Exercise and Sport Science Internship II	3
Research and Writing in Exercise and Sport Science	3
Credit Hours	15
	3
	3
Exercise and Sport Science Internship I	3
Business Management for Exercise Professionals	3
Advanced Physiology of Exercise	3
	Advanced Physiology of Exercise Business Management for Exercise Professionals Exercise and Sport Science Internship I Credit Hours Research and Writing in Exercise and Sport Science Exercise and Sport Science Internship II Credit Hours Total Credit Hours