

Bachelor of Science in Exercise and Sport Science

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

Mark Stoutenberg, Ph.D., M.S.P.H., Associate Professor and Chair
Temple University
Department of Kinesiology
Pearson Hall 237
1800 North Broad Street
Philadelphia, PA 19121
215-204-2158
mark.stoutenberg@temple.edu

Sara J. Kovacs, Ph.D., Assistant Professor and Program Director
Temple University
Department of Kinesiology
Pearson Hall 245
1800 North Broad Street
Philadelphia, PA 19121
215-204-8790
sara.kovacs@temple.edu

About the Bachelor of Science in Exercise and Sport Science

The Bachelor of Science in Exercise and Sport Science focuses on the science and practice of health, fitness, and sports performance. This degree 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 exercise physiology, 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 can prepare them for other graduate programs, including athletic training, recreational 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 real-world experience implementing what was learned in the classroom throughout the Exercise and Sport Science program.

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 may require

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

Code	Title	Credit Hours
Exercise and Sport Science Core		
KINS 1203	Introduction to Exercise and Sport Science	3
KINS 1223	Human Anatomy and Physiology I	4
KINS 1224	Human Anatomy and Physiology II	4
KINS 2001		3
KINS 2203	Physiology of Physical Activity	4
SBS 2204	Diet and Weight Management	3
HRPR 2421	Emergency Medical Care for Health Professionals	3
KINS 2424	Functional Anatomy for Kinesiology	3
KINS 3196	Psychology of Physical Activity	3
KINS 3202	Biomechanics of Physical Activity	4
KINS 3203		4
KINS 3316		4
KINS 3368	Principles of Health Fitness Program Management	3
KINS 4311	Advanced Physiology of Exercise	3
KINS 4364		3
KINS 4385	Internship in Exercise and Sport Science	3
KINS 4396	Research and Writing in Exercise and Sport Science (WI)	3
KINS 4485		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		76

Suggested Academic Plan

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Requirements for New Students starting in the 2022-2023 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
Term Credit Hours		15
Spring		
KINS 1224	Human Anatomy and Physiology II	4
Kinesiology Physical Activity Program (KPAP) Course		2
ENG 0802, 0812, or 0902	Analytical Reading and Writing [GW]	4
GenEd Quantitative Literacy (GQ)		4
GenEd Breadth Course		3
Term Credit Hours		17
Year 2		
Fall		
KINS 2001		3
KINS 2203	Physiology of Physical Activity	4
KINS 2424	Functional Anatomy for Kinesiology	3
IH 0851 or 0951	Intellectual Heritage I: The Good Life [GY]	3
Free Elective		3
Term Credit Hours		16
Spring		
HRPR 2421	Emergency Medical Care for Health Professionals	3
SBS 2204	Diet and Weight Management	3
KINS 3202	Biomechanics of Physical Activity	4
IH 0852 or 0952	Intellectual Heritage II: The Common Good [GZ]	3
GenEd Breadth Course		3
Term Credit Hours		16
Year 3		
Fall		
KINS 3203		4
KINS 3196	Psychology of Physical Activity [WI]	3
GenEd Breadth Course		3
GenEd Breadth Course		3
Free Elective		3
Term Credit Hours		16
Spring		
KINS 3316		4
KINS 3368	Principles of Health Fitness Program Management	3
ESS Content Elective		3
Free Elective		3
Term Credit Hours		13
Year 4		
Fall		
KINS 4311	Advanced Physiology of Exercise	3
KINS 4364		3

KINS 4385	Internship in Exercise and Sport Science	3
ESS Content Elective		3
ESS Content Elective		3
Term Credit Hours		15
Spring		
KINS 4396	Research and Writing in Exercise and Sport Science [WI]	3
KINS 4485		3
ESS Content Elective		3
Free Elective		3
Term Credit Hours		12
Total Credit Hours:		120