

# Bachelor of Science in Exercise and Sport Science

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Learn more about the Bachelor of Science in Exercise and Sport Science (<https://www.temple.edu/academics/degree-programs/exercise-and-sport-science-major-hp-exss-bs>).

The curriculum culminating in a B.S. in Exercise and Sport Science matches current trends in employment as well as the varied interests of Temple students seeking positions in the health, fitness, and exercise industry. Additionally, this program allows for flexibility in course selection to apply to allied health professional programs (PT, OT, PA, MD, or AT) or Exercise and Sport Science graduate programs.

Beyond the General Education requirements, students in the Exercise and Sport Science program will be required to complete credits distributed between the Public Health requirement (3 credits), Math and Science requirement (16 credits), Exercise and Sport Science Core (54 credits), and Electives (18 credits) to reach the 120 credit program requirements for graduation. At a foundational level a basic understanding of biology, chemistry, and physics is paramount for an understanding of basic, complex, and applied aspects of Exercise and Sport Science. The Exercise and Sport Science Core requirements will provide the foundational basis of knowledge specific to Exercise and Sport Science discipline and the basis for the understanding human movement. The electives requirement will permit students to focus on specific content-related courses of interest that are loosely categorized as either Strength & Conditioning/Human Performance or Exercise/Fitness with applications to the apparently healthy and clinical populations.

A minimum of two internship experiences will be required. Early and multiple internship experiences will benefit the student on many levels, including enhanced opportunities for networking, resumé enhancement, career exploration, practical application of concepts learned in the classroom, and potential future employment.

The goals of the undergraduate program in Exercise and Sport Science changed to better align with the comprehensive curricular changes required to better prepare students for the varied entry-level careers they pursue. Graduates of Exercise and Sport Science programs are trained to assess, design, and implement individual and group exercise and fitness programs for apparently healthy, clinical, and/or athletic populations. There are numerous competencies expected of the entry-level Exercise and Sport Science professional employed in university, corporate, commercial, community, and clinical settings. Accordingly, the Student Learning Outcomes (SLO's) and goals for the Exercise and Sport Science program are to prepare students to:

**SLO 1:** Demonstrate knowledge in human anatomy/physiology, exercise science, and nutrition for healthy, clinical, and/or athletic populations.

**SLO 2:** Describe how evidence-based knowledge in Exercise and Sport Science is created, organized, linked to other disciplines, and disseminated; and apply evidence-based decision-making and critical thinking skills to improve the outcomes of the population served.

**SLO 3:** Conduct pre-participation health screenings and fitness assessments; interpret and analyze results; and develop, implement, and instruct individualized and advanced exercise training programs for apparently healthy, clinical, and/or athletic populations.

**SLO 4:** Apply effective behavioral and motivational strategies to optimize participants' adoption and adherence to exercise programs and other healthy behaviors.

**SLO 5:** Utilize and demonstrate effective verbal, written, and technological communication skills; and develop and integrate cultural competencies to enhance effective communication with other health professionals and varied populations served.

**SLO 6:** Qualify for national certification exams such as the American College of Sports Medicine's (ACSM) Certified Exercise Physiologist and/or National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist.

**SLO 7:** Integrate and apply knowledge and skills in supervised health-fitness, clinical, and/or sports performance settings.

## Summary of Requirements

### University Requirements

All new students are required to complete the university's General Education (GenEd (<http://bulletin.temple.edu/undergraduate/general-education>)) 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 3296 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 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
<b>Math and Science Requirements</b>		
CHEM 1031	General Chemistry I	3
CHEM 1033	General Chemistry Laboratory I	1
BIOL 1011	General Biology I	4
Select one of the following:		4
MATH 1021	College Algebra	
MATH 1022	Precalculus	
MATH 1041	Calculus I	
Select one of the following:		4
CHEM 1032 & CHEM 1034	General Chemistry II and General Chemistry Laboratory II	
PHYS 1021	Introduction to General Physics I	
BIOL 1012	General Biology II	
<b>Exercise and Sport Science Core</b>		
KINS 1223	Human Anatomy and Physiology I	4
KINS 1224	Human Anatomy and Physiology II	4
KINS 2203	Physiology of Physical Activity	4
KINS 2204	Motor Behavior	3
KINS 2205	Exercise Assessment and Programming (ACSM - Certification Prep)	4
KINS 2362	Introduction to Exercise and Sport Science	3
KINS 2424	Functional Anatomy for Kinesiology	3
KINS 3202	Biomechanics of Physical Activity	4
KINS 3296	The Social-Psychology of Physical Activity (WI)	3
KINS 3368	Principles of Health Fitness Program Management	3
KINS 4311	Advanced Physiology of Exercise	3
KINS 4314	Principles of Personal Fitness (NSCA - Certification Prep)	4
KINS 4385	Internship in Exercise and Sport Science	6
KINS 4396	Research and Writing in Exercise and Sport Science (WI)	3
KINS 4242	Exercise, Nutrition and Behavior	3
<b>Electives</b>		
Select from the following:		18
KINS 3362	Olympic and Powerlifting	
KINS 3363	Basic Electrocardiography	
KINS 4283	Directed Readings and Study in Kinesiology	
KINS 4290	Special Topics in Kinesiology	
KINS 4333	Clinical Cardiovascular Pulmonary Exercise Physiology	
KINS 4335	Clinical Exercise Physiology	
KINS 4316	Principles of Strength and Conditioning	
KINS 4315	Applied Performance Nutrition	
KINS 1444	Movement Injuries: Prevention and Care	
KINS 2421	Emergency Medical Care for Health Professionals	
Total Credit Hours		88

## Suggested Academic Plan

### Bachelor of Science in Exercise and Sport Science

#### Requirements for New Students starting in the 2019-2020 Academic Year

Year 1		
Fall		Credit Hours
KINS 1223	Human Anatomy and Physiology I	4
	GenEd Quantitative Literacy [GQ]	4
ENG 0802, 0812, or 0902	Analytical Reading and Writing [GW]	4
BIOL 1011	General Biology I	4
Term Credit Hours		16
Spring		
KINS 1224	Human Anatomy and Physiology II	4
KINS 2424	Functional Anatomy for Kinesiology	3
HRPR 1001	Public Health: The Way We Live, Work and Play	3
	GenEd Breadth Course	3
	Select one of the following:	4
MATH 1021	College Algebra	
MATH 1022	Precalculus	
MATH 1041	Calculus I	
Term Credit Hours		17
Year 2		
Fall		
KINS 2362	Introduction to Exercise and Sport Science	3
KINS 2203	Physiology of Physical Activity	4
CHEM 1031	General Chemistry I	3
CHEM 1033	General Chemistry Laboratory I	1
IH 0851 or 0951	Intellectual Heritage I: The Good Life [GY]	3
Term Credit Hours		14
Spring		
KINS 2204	Motor Behavior	3
KINS 2205	Exercise Assessment and Programming	4
KINS 4242	Exercise, Nutrition and Behavior	3
IH 0852 or 0952	Intellectual Heritage II: The Common Good [GZ]	3
	Select one of the following:	4
PHYS 1021	Introduction to General Physics I	
CHEM 1032 & CHEM 1034	General Chemistry II	
BIOL 1012	General Biology II	
Term Credit Hours		17
Year 3		
Fall		
KINS 3202	Biomechanics of Physical Activity	4
KINS 4311	Advanced Physiology of Exercise	3
KINS 4314	Principles of Personal Fitness	4
	Elective in ESS	3
	GenEd Breadth Course	3
Term Credit Hours		17
Spring		
KINS 3296	The Social-Psychology of Physical Activity [WI]	3
KINS 4385	Internship in Exercise and Sport Science	3
	GenEd Breadth Course	3

Elective in ESS		3
KINS 3368	Principles of Health Fitness Program Management	3
Term Credit Hours		15
<b>Year 4</b>		
<b>Fall</b>		
KINS 4396	Research and Writing in Exercise and Sport Science [WI]	3
Elective in ESS		3
GenEd Breadth Course		3-4
GenEd Breadth Course		3
Term Credit Hours		12-13
<b>Spring</b>		
KINS 4385	Internship in Exercise and Sport Science	3
Elective in ESS		3
Elective in ESS		3
Elective in ESS		3
Term Credit Hours		12
Total Credit Hours:		120-121