Exercise Science Option

The exercise science option of health management degree designed around the knowledge, skills, and competencies of the American College of Sports Medicine, which is the preeminent professional organization for exercise physiologists, sports medicine professionals, and fitness workers. The certifications offered by this organization are the gold standard in the field. The curriculum prepares students to pass the American College of Sports Medicine’s Health Fitness Specialist Certification.

Students are not taught how to exercise, but rather how to apply the physiological and mechanical principles learned in the classroom to clients of varying health status and fitness levels. One way in which this is done is through an array of experiential learning opportunities. When students complete the exercise science program they have had ample opportunities to apply classroom knowledge and in the laboratory setting and in the field.

Faculty monitor the students’ progress along the way.

Exercise Science students will...

- Have the opportunity to gain hundreds of hours of real world experience prior to graduation.
- Gain a wide variety of exercise testing and exercise programming skills.
- Learn to apply basic scientific principles to a diverse clientele.
- Learn to address client’s specific needs in the development of an exercise regimen.

Career Planning

Career preparation is part of the mission of Southeast. In fact, more than 90% of Southeast students participate in internships, clinical opportunities, student teaching, research assistantships, and study abroad.

Students complete a 480 clock hour internship at the completion of the degree program. The internship provides not only an invaluable work experience but also often leads to employment.

Professional career counselors are available for all students. The Office of Career Services in Academic Hall 057 can provide students with professional career counseling, resume critiques, practice interviews, job search strategies, career events, networking opportunities, and more.

<table>
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<tr>
<th>Demonstrated Career Proficiency is a Requirement of all Southeast Students</th>
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<tr>
<td>CL001/CL002 First Semester</td>
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<td>CL003 Junior Year</td>
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<td>CL004 Senior Year</td>
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Internship and Employment Opportunities of Recent Graduates

- Velocity Sport Performance
- CrossFit 573
- WellBridge by SSM Healthcare
- Barnes Jewish Hospital
- Premier Rehabilitation
- Monsanto Corporate Fitness
- MediFit Corporation
- Corporate Fitness Works
- Vetta Sports
- HealthPoint Fitness – Southeast Heath
- Fitness Plus – St. Francis Medical Center
- University of Missouri Strength and Conditioning
- St. Louis University Strength and Conditioning
- Southeast Missouri State University Strength and Conditioning
- Excel Sports and Physical Therapy
This is a guide based on the 2015-2016 Undergraduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use DegreeWorks to monitor their individual progress.

**CURRICULUM CHECKLIST**

Critical Courses are italicized and bolded. These courses are indicators of potential for success in the degree program.

**Health Management Core – 38 Hours Required**

A grade of 'C' is required in each core course

- **FN235** Nutrition for Health (3)
- **HL111** Introduction to Health Management (3)
- **HL120** Health Perspectives (3)
- **HL231** Fitness Conditioning (3)
- **HL312** Sport and Exercise Pharmacology (3)
- **HL331** Exercise Physiology (4) w/ Lab
- **HL431** Fitness Assessment and Exercise Programming (4)
- **HL460** Exercise Leadership (3)
- **HL498** Health Internship (12)*

* In order to enroll in the internship: students must have a grade point average of 2.5 in the major and overall in order to enroll in the internship; all major courses must be completed with a grade of 'C' or higher.

**Exercise Science Option (24 Hours) – No Minor Required**

**Required Courses:**

- **HL251** Introduction to Athletic Injuries (3)
- **HL261** Exercise Science Practicum (3)
- **HL303** Research Methods (3)
- **HL332** Lifestyle Disease Risk Reduction (3)
- **HL471** Fitness Facility Administration (3)
- **PE464** Kinesiology (3)
- **FNXXX** Nutrition Elective (3)*
- **HLXXX** HL 300-500 Elective (3)

* Nutrition elective is chosen in consultation with advisor. Course must be a nutrition course and not a food preparation course

**Prerequisite Courses – 14-16 Hours Required**

Some courses may fulfill University Studies requirements. A grade of ‘C’ or better is required in each support course.

- **BS113** Anatomy and Physiology I (4) w/ Lab
- **BS114** Anatomy and Physiology II (4) w/ Lab
- **CH180** Chemistry in Our World (3)*
- **MA134** College Algebra (3)

* Students may choose to take CH 181/001/081 – Basic Principles of Chemistry (5)

**University Studies Requirements (not already listed above):**

UI100 First Year Seminar, EN100 English Composition, Artistic Expression, Written Expression, Oral Expression, Literary Expression, Development of a Major Civilization, Economic Systems, Political Systems, Social Systems, two IU/UISXXs and one UI 4XX

**A “Milestone” signifies a significant stage for a student in the completion of a degree.**

**Degree requirements for all students:** a minimum of 120 credit hours, completion of University Studies program, career proficiency (CL001-004), Writing Proficiency Exam (WP003), and completion of the Measure of Academic Proficiency and Progress (MAPP) at the senior level.

A minimum 2.0 GPA in the major and overall are required to graduate.

Refer to the Undergraduate Bulletin or DegreeWorks for additional graduation requirements (i.e. minimum GPA and coursework) for your program of study.