

Health Management: Exercise Science Option

Bachelor of Science (BS)

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.

Demonstrated Career Proficiency is a Requirement of all Southeast Students		
CL001/CL002	First Semester	Complete the FOCUS2 assessment and develop a Career Action Plan.
CL003	Junior Year	Students gain information about career planning and job searching resources.
CL004	Senior Year	Students demonstrate advanced proficiency by identifying a position in their field, developing a cover letter, and tailoring a resume for the position. Materials are critiqued to ensure preparedness for a successful job search.

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 Health
- 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

To learn more
Office of Admissions
(573) 651-2590
admissions@semo.edu
www.semo.edu

To explore the College
of Health and Human Services
online, visit
www.semo.edu/hhs

For advising
Center for Academic Advising - South
(573) 651-2007
www.semo.edu/advising
advisingsouth@semo.edu

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This is a guide based on the 2016-2017 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/UI3XXs and one UI 4XX

SAMPLE FOUR-YEAR PLAN

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
FIRST YEAR	UI100	3	CH180/181/or185	3-5
	EN100	3	FN235	3
	HL111	3	Artistic Expression	3
	HL120	3	Oral Expression	3
	MA134	3	Written Expression	3
	Total	15	Total	15-17
Milestone: Must complete MA 134 and CH 180, 181, or 185 with a grade of 'C' or				
SECOND YEAR	BS113/013	4	BS114/014	4
	HL231	3	Dev. of Major Civ.	3
	HL261	3	Economic Systems	3
	Literary Expression	3	Political Systems	3
	Social Systems	3	Elective	2
	Total	15	Total	15
Milestone: Must complete BS 113 and BS 114 with a grade of 'C' or better				
(summer courses are encouraged to avoid 18 hour semesters)				
THIRD YEAR	HL251	3	HL312	3
	HL331	4	HL431	4
	HL332	3	HL471	3
	IU/UI3XX	3	PE 464	3
	Elective	3	FN Elective	3
	Total	16	Total	16
FOURTH YEAR	HL303	3	HL 498	12
	HL460	3		
	HL Elective	3		
	IU/UI3xx	3		
	UI4xx	3		
	Total	15	Total	12
Milestone: A major GPA of 2.5 is required for admission into HL 498				

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 proficiencies (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.

Revised
2/24/2016