

# 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. 100% of programs offer our students an internship, study-abroad program, clinical opportunity, student teaching or research internship.

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.

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

Demonstrated Career Proficiency is a Requirement of all Southeast Students		
CL001	First Semester	Students connect academic career planning by completing an online career assessment
CL002	Second Semester	Students learn more about resources available to enhance academic and career planning
CL003	Junior Year	Students learn about continued career planning, job search strategies, and networking
CL004	Senior Year	Students learn about resume development, professional communication, interviewing, and transitioning to the first job from college

### 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

### Special Options with Exercise Science

Southeast offers a Master of Science in Nutrition and Exercise Science.

**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 2017-2018 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

If you have dual credit or transfer credit, please visit our transfer course equivalencies guide at [semo.edu/transfercredit](http://semo.edu/transfercredit).

### SAMPLE FOUR-YEAR PLAN

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

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

**Degree requirements for all students:** a minimum of 120 credit hours, completion of University Studies program, completion of 39 senior division hours (300-599), career proficiencies (CL001-004), Writing Proficiency Exam (WP003), and completion of the Measure of Academic Proficiency and Progress (MAPP) at the senior level. Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.