

EXERCISE SCIENCE, PHYSICAL EDUCATION, & RECREATION: GENERAL EXERCISE SCIENCE CONCENTRATION, BACHELOR OF SCIENCE

The BS degree in EXPER prepares program graduates for professional positions in worksite, clinical, school, fitness government and community settings.

Graduates of the General Exercise Science coursework are prepared for exercise and fitness related professional positions. This concentration is an excellent selection for students preparing for advanced study in fields such as exercise physiology, heart rehabilitation, coaching, fitness, wellness, or sport administration.

With a degree in **Exercise Science**, you have a wide range of career options depending on your interests. Here are some of the most common paths:

1. Clinical Roles:

Physical Therapist (with further education)

Occupational Therapist (with further education)

Cardiac Rehabilitation Technician

Exercise Physiologist

Chiropractor (with further education)

2. Fitness and Wellness:

Personal Trainer

Strength and Conditioning Coach

Group Fitness Instructor

3. Sports Performance and Coaching:

Athletic Trainer (with further education - CSU Pueblo has an MS in Athletic Training!)

Sports Coach

Sports Scientist

Performance Analyst

5. Research and Education:

Research Assistant in Kinesiology

University Lecturer (with advanced degrees)

Biomechanics Researcher (with advanced degree)

6. Specialized Fields:

Sports Nutritionist (with additional certification)

Ergonomics Specialist

Exercise Specialist for Special Populations (e.g., elderly, disabled)

Student Learning Outcomes

1. Possess content knowledge and skills necessary for their perspective fields of study.
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting.
3. Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest.
4. Exhibit effective oral and written communication regarding subjects related to EXPER in an individual and group setting.
5. Apply and demonstrate knowledge, skills and critical problem solving in a field-based setting.

Specific Program Requirements

Program Overview

Requirement	Credits
General Education	35
Major Requirements	45
Concentration Requirements	20
Open Electives or Minor	20
Total Credits	120

Course	Title	Credits
Required General Education Courses		35
BIOL 223 & 223L	Human Physiology and Anatomy I (GT-SC2) and Human Physiology and Anatomy I Lab (GT-SC1)	4
BIOL 224 & 224L	Human Physiology and Anatomy II (GT-SC2) and Human Physiology and Anatomy II Lab (GT-SC1)	4
CID 103	Speaking & Listening	3
MATH 101	Introductory College Mathematics (GT-MA1)	3
PSYC 151	Human Development (GT-SS3)	3
English		6
History		3
Humanities		6
Social Science		3
Required Major Courses		27
AT 232	First Aid	2
BIOL 112	Nutrition	3
EPER 101	Intro to EXPER	2
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
EPER 222	Behavior Facilitation	3
AT 260	Injury/Illness Care and Prevention	3
CIS 100	Introduction to Word	1
EPER 343	Research and Statistics	3
EPER 461	Managing Events & Programs	3
Required Concentration Courses		20
CIS 103	Introduction to PowerPoint	1

CIS 104	Introduction to Excel Spreadsheets	1	EPER 243	Methods of Rhythmic Activities	2
EPER 201	Drugs and Healthy Lifestyles	3	EPER 245	Motor Learning and Development	3
EPER 344	Exercise Physiology	3	EPER 246L	Methods of Swimming	1
EPER 344L	Exercise Physiology Lab	1	EPER 250	Commercial Recreation and Tourism	3
EPER 364	Kinesiology	3	EPER 249	Challenge Course Leadership	2
EPER 436	Exercise Assessment & Prescription	3	EPER 270	Outdoor Leadership I	2
EPER 493	Seminar	2	EPER 280	Foundations of Therapeutic Recreation	3
EPER 498	Internship	6	EPER 301	Fitness Technology & Applications	1
Major Electives	10 credits must be upper division. Must select from list below.				18
Additional Electives and/or Minor ¹					20
Total Credits					120

¹ Students must have 40 credits of upper division courses. The major requires 34 credits of upper division.

Major Electives (Select 18 hours. 10 credits must be upper division.)

Course	Title	Credits	Course	Title	Credits
EPER 102	Mountain Orientation	2	EPER 345	Methods of Physical Activities & Games I	2
EPER 103	Winter Orientation	2	EPER 346	Methods Physical Activities & Games II	2
EPER 104	Desert Orientation	2	EPER 347	Methods of Fitness Instruction	1
EPER 105	Canyon Orientation	2	EPER 348	Methods of Individual and Dual Sports	3
EPER 106L	Martial Arts and Self-Defense	1	EPER 349	Methods of Outdoor PE & Sustainability	2
EPER 107L	Triathlon	1	EPER 350	Leadership & Ethics	3
EPER 108L	Yoga	1	EPER 360	Outdoor Education	3
EPER 109L	Volleyball	1	EPER 362	Methods of Health Education	3
EPER 110L	Weight Training	1	EPER 375	Research & Evaluation of Recreation	3
EPER 111	Commitment to Academic Excellence	1	EPER 432	Applied Sport & Exercise Psychology	3
EPER 112L	Rock Climbing	1	EPER 440	Biomechanics	3
EPER 113L	Whitewater Boating	1	EPER 464	Adapted Physical Education	3
EPER 114L	Basic Mountaineering Techniques	1	EPER 469	Coaching/Officiating Track & Field	2
EPER 116L	Camping	1	EPER 470	Methods of Coaching	3
EPER 117L	Backpacking	1	EPER 471	Coaching & Officiating Football	2
EPER 118L	Fly Fishing	1	EPER 472	Coaching and Officiating Basketball	2
EPER 119L	Walking for Fitness	1	EPER 475	Coaching and Officiating Volleyball	2
EPER 120L	Introduction to Search and Rescue	1	EPER 480	Business of Tourism	3
EPER 123L	Zumba	1	EPER 482	Coaching and Officiating Wrestling	2
EPER 124L	Tai Chi	1	EPER 483	Coaching and Officiating Baseball	2
EPER 125L	Snow Sports	1	EPER 484	Outdoor Resources & Management	3
EPER 126L	Personal Fitness	1	EPER 485	Recreation Facility Design/Management	3
EPER 127L	Jogging	1	EPER 486	Coaching And Officiating Soccer	2
EPER 128L	Aerobics	1	EPER 492	Research	1-6
EPER 146L	Beginning Swimming	1	EPER 494	Field Experience	1-6
EPER 175L	Racquetball	1	EPER 495	Independent Study	1-5
EPER 176L	Life Guard Training	2			
PSYC 205	Introduction to Sport Psychology	3			
EPER 205L	Snow Sports II	1			
EPER 208L	Yoga II	1			
EPER 211	Commitment to Service	1			
HS 230	Foundations of Public Health	3			
EPER 233	History & Principles of Physical Education & Rec	2			
EPER 240	Recreation Program Design	3			

Specific Graduation Requirements

All HSHM Majors are required to:

- Complete a concentration of study with a cumulative GPA of 2.50 or higher;
- Earn a 2.0 overall GPA to enroll in 300 or 400-level courses in the department;
- Earn a minimum grade of a "C" in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved;
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses;
- Earn at least 120 credit hours with at least 40 upper-division credits;

- Successfully complete an internship or field experience course; and
- Submit a graduation contract by the deadline the semester of graduation.

Planning Sheet

Disclaimer: The Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Course	Title	Credits
Year 1		
Fall		
EPER 101	Intro to EXPER	2
EPER 162 & 162L	Personal Health and Personal Health Lab	4
ENG 101	Rhetoric & Writing I (GT-CO1)	3
Choose 1 MATH course	Take MATH 120 if you plan to take CHEM 121 and/or PHYS 201	3
MATH 101	Introductory College Mathematics (GT-MA1)	
MATH 120	College Algebra (GT-MA1)	
Major Elective	Must be from majors list lower division.	3
Credits		15
Spring		
AT 260	Injury/Illness Care and Prevention	3
BIOL 112	Nutrition OR EPER 212 Sports Nutrition	3
CIS 100	Introduction to Word	1
CIS 103	Introduction to PowerPoint	1
CIS 104	Introduction to Excel Spreadsheets	1
ENG 102	Rhetoric & Writing II (GT-CO2)	3
Major Elective	Must be majors list lower division.	3
Credits		15
Year 2		
Fall		
BIOL 223	Human Physiology and Anatomy I (GT-SC2)	3
BIOL 223L	Human Physiology and Anatomy I Lab (GT-SC1)	1
CID 103	Speaking & Listening	3
EPER 201	Drugs and Healthy Lifestyles	3
EPER 222	Behavior Facilitation	3
Major Elective	Must be from majors list lower division.	2
Credits		15
Spring		
AT 232	First Aid	2
BIOL 224	Human Physiology and Anatomy II (GT-SC2)	3
BIOL 224L	Human Physiology and Anatomy II Lab (GT-SC1)	1
Major Elective	Must be from majors list upper division.	3
PSYC 151	Human Development (GT-SS3)	3
General Education (History)		3
Credits		15
Year 3		
Fall		
EPER 343	Research and Statistics	3
General Education (social science & humanities)		6
Major Elective	Must be from major upper division.	3
Elective or Minor		3
Credits		15
Spring		
EPER 364	Kinesiology	3

Major Elective	Must be from majors list upper division.	4
Elective or Minor		5
General Education (humanities)		3
Credits		15
Year 4		
Fall		
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 493	Seminar	2
Elective or Minor	Must be upper division	9
Credits		15
Spring		
EPER 436	Exercise Assessment & Prescription	3
EPER 461	Managing Events & Programs	3
EPER 498	Internship	6
Elective or Minor	Must be upper division.	3
Credits		15
Total Credits		120