

Bachelor of Science in Exercise Science (Health, Fitness & Wellness)

About This Program

The Bachelor of Science in Exercise Science is designed to provide a foundation of the movement and exercise science to students interested in pursuing careers associated with therapy and rehabilitation, fitness and training, and research with typical and atypical populations. The Health, Fitness & Wellness track is designed for students interested in careers in the commercial and corporate fitness industry as personal fitness trainers and fitness directors, strength and conditioning coaches as well as for students interested in pursuing a graduate degree in exercise science or athletic training.

Competencies

1. Upon completion, students will demonstrate knowledge of general population health appraisal and fitness assessment.
2. Upon completion, students will demonstrate knowledge of general population exercise prescription and programming.
3. Upon completion, students will demonstrate knowledge of general population pathophysiology and risk factors.
4. Upon completion, students will demonstrate knowledge of general population electrocardiography and diagnostic techniques.
5. Upon completion, students will demonstrate knowledge of medical considerations for special populations and clinical exercise testing.
6. Upon completion, students will demonstrate knowledge of cardiovascular pathophysiology and risk factors.
7. Upon completion, students will demonstrate knowledge of pulmonary pathophysiology and risk factors.
8. Upon completion, students will demonstrate knowledge of orthopedic/musculoskeletal pathophysiology and risk factors.
9. Upon completion, students will demonstrate knowledge of immunological pathophysiology and risk factor.
10. Upon completion, students will demonstrate competency in strength and conditioning assessment and application.
11. Upon completion, students will demonstrate knowledge of motor control and learning.

Admissions Criteria

To ensure that all students develop a solid academic foundation, all first time, first-year freshman students (regardless of intended major) must obtain academic advising and clearance for registration from an advisor in the Division of Student Success during their first year. After the first year, students should seek advisement from the Exercise Science Advisor in the Department of Kinesiology prior to each semester and summer sessions. Transfer students must seek academic advising from the Exercise Science Advisor in the Department of Kinesiology immediately. All incoming freshmen and transfer students wishing to major in Exercise Science are initially classified as Exercise Science pre-majors.

To be classified as an Exercise Science major, students must satisfy the following requirements for the Health, Fitness, & Wellness Track

- Completion of 12 hours at UT Arlington
- Overall GPA of 2.5 and KINE GPA of 2.5 by completion of KINE 3415.

Curriculum

Foundations

General Core Requirements (<https://catalog.uta.edu/academicregulations/degree requirements/generalcore requirements/>)

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Students must complete specific courses in certain core areas.

For Communication select:

ENGL 1301 & ENGL 1302	RHETORIC AND COMPOSITION I and RHETORIC AND COMPOSITION II
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For Life and Physical Science select:

BIOL 1441	BIOLOGY I FOR SCIENCE MAJORS: CELL AND MOLECULAR BIOLOGY
BIOL 2457	HUMAN ANATOMY AND PHYSIOLOGY I

For Mathematics select:

MATH 1308	ELEMENTARY STATISTICAL ANALYSIS
MATH 1302	COLLEGE ALGEBRA
or MATH 1301	CONTEMPORARY MATHEMATICS
or MATH 1426	CALCULUS I

HFW Science Foundations

Additional lab hours required in core.

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BIOL 2458	HUMAN ANATOMY AND PHYSIOLOGY II
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Select one of the following:

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CHEM 1441	GENERAL CHEMISTRY I	
PHYS 1441	GENERAL COLLEGE PHYSICS I	
BIOL 1442	BIOLOGY II FOR SCIENCE MAJORS: ECOLOGY AND EVOLUTION	
CHEM 1451	CHEMISTRY FOR HEALTH SCIENCES	

Specialization

HRF Core

KINE 1300	INTRODUCTION TO KINESIOLOGY AND EXERCISE SCIENCE	3
KINE 1100	LAB SKILLS IN KINESIOLOGY AND EXERCISE SCIENCE	1
KINE 2330	CARE AND PREVENTION OF ATHLETIC INJURIES	3
KINE 3300	FUNCTIONAL ANATOMY	3
KINE 3401	BIOMECHANICS OF HUMAN MOVEMENT	4
KINE 3302	SPORT AND EXERCISE PSYCHOLOGY	3
KINE 3415	PHYSIOLOGY OF EXERCISE	4
KINE 3325	UNDERGRADUATE RESEARCH METHODS	3
KINE 4415	FITNESS ASSESSMENT/PROGRAMMING	4
KINE 4329	STRENGTH & CONDITIONING IN SPORT AND PERFORMANCE	3
or KINE 4337	STRENGTH AND CONDITIONING IN GENERAL POPULATIONS: HEALTH AND DISEASE	
KINE 4330	PROGRAM DESIGN & ADMINISTRATION	3
KINE 4331	OBESITY & WEIGHT MANAGEMENT	3
KINE 4317	EXERCISE PRESCRIPTION FOR SPECIAL POPULATIONS	3
KINE 4490	EXERCISE SCIENCE INTERNSHIP	4
HEED 3301	SPORTS NUTRITION	3

Electives

Select 6-8 classes sufficient to complete 120 hours.

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Total Hours**120**

Program Completion

Students accepted as Bachelor of Science in Exercise Science majors in the Department of Kinesiology must maintain the minimum GPAs as indicated above or they will be on departmental probation. Students who are on departmental probation must meet with their academic advisor for future enrollment options. If the student is unable to make up the deficiency in the semester immediately following the probation, the student will lose status as a Bachelor of Science in Exercise Science major. Courses to make up the GPA deficiency must be taken at UT Arlington. No courses on the degree plan may be taken as pass/fail.

Advising Resources

Kinesiology students are advised to meet with an advisor each semester to discuss registration and academic progress. When admitted to the program students will receive email information pertaining to their degree plan.

Location:

554 Pickard Hall

Email:

exssphadvising@uta.edu

Phone:

817-272-2776

Web:

Kinesiology Advising Information (<https://www.uta.edu/academics/schools-colleges/conhi/student-resources/advising-kinesiology/>)