EXERCISE SCIENCE
SCHOOL OF HEALTH & APPLIED HUMAN SCIENCES
COLLEGE OF HEALTH AND HUMAN SERVICES

WHAT DO EXERCISE SCIENCE PROFESSIONALS DO?

The Exercise Science program is for students who are interested in applying theoretical knowledge of exercise, fitness, health and wellness within the clinical, government, corporate, industrial, private, commercial and academic venues.

STRONG FACULTY

Our faculty are highly qualified and committed to student success.

HIGHLIGHTS

The Human Performance Laboratory provides an outstanding applied environment, containing state-of-the-art equipment and instrumentation to foster student’s acquisition of functional knowledge.

• Metabolic Carts
• BOD POD® GS
• DEXA
• Treadmills
• Arm Ergometer
• Cycling Ergometers
• EKG Units
• Skinfold Calipers
• Hydrostatic Weighing
• Brower Timing
• NeuroCom® Balance
• Anatomage
• Optotrak® Motion System
• Force Plates
• Eye Tracker
• EMG Units

Our mission is to prepare and educate students to become a well-rounded, hands-on generation of Exercise Science professionals.

live well
do well

@UNCWSHAHS

Modified: 4/3/18
What are professional career opportunities with an Exercise Science degree?

With an advanced degree and/or recognized certification(s), these are some of the many professional career opportunities:

Bachelor of Science in Exercise Science with a recognized certification:
- Group Exercise Instructor
- Personal Trainer
- Strength and Conditioning Specialist
- General Manager/Owner Fitness Facility
- Employee Fitness Director

Bachelor of Science in Exercise Science with an advanced degree:
- Biomechanist
- Cardiopulmonary Rehabilitation Specialist
- Clinical Exercise Physiologist
- Sports Nutritionist
- Exercise Physiologist
- Occupational Therapist
- Physical Therapist
- Physician Assistant

When students complete the Exercise Science Core plus Exercise Physiologists Certification Concentration, students will meet all of the Job Task Analyses set forth by the governing body of Exercise Science and the American College of Sports Medicine (ACSM).

*All students are required to complete EXS Core courses and select a Concentration. Within each Concentration, students are required to complete a minimum of 22 hours.

### Course # | Core Courses
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EXS 210 | Introduction to Exercise Science
EXS 216 | Human Anatomy & Physiology I
EXSL 216 | Human Anatomy & Physiology I Laboratory
EXS 217 | Human Anatomy & Physiology II
EXSL 217 | Human Anatomy & Physiology II Laboratory
EXS 310 | Research Methods in Exercise Science
EXS 320 | Exercise Physiology
EXSL 320 | Exercise Physiology Laboratory
EXS 321 | Biomechanics
EXS 322 | Sports Nutrition
EXS 411 | Exercise Prescription I
EXSL 411 | Exercise Prescription I Laboratory
EXS 412 | Facilitating Behavior Change
EXS 497 | Advanced Field Experience in Exercise Science

### Course # | Exercise Physiologist Certification Concentration Courses
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EXS 311 | Legal Issues in Exercise Science and Sport
EXS 312 | Management in Exercise Science
EXSL 313 | Measurement and Evaluation in Exercise Science
PED 350 | Motor Behavior
EXS 419 | Essentials of Strength Training and Conditioning I
EXS 420 | Essentials of Strength Training and Conditioning II
EXSL 420 | Essentials of Strength Training and Conditioning II Laboratory
EXS 421 | Exercise Prescription II

### Course # | Allied-Health Concentration Courses
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ATR 450 | Pharmacology Concepts in Sports Medicine
ATR 470 | Medical Terminology for Health Professions
BIO 202 | Principles of Biology: Biodiversity
BIO 335 | Genetics
BIOL 335 | Genetics Laboratory
BIO 426 | Microbiology
BIOL 425 | Microbiology Laboratory
BIO 455 | Biochemistry
BIOL 455 | Biochemistry Laboratory
CHM 102 | Chemistry II
CHM 211 | Organic Chemistry I
CHM 211 | Organic Chemistry I Laboratory
PED 221 | Emergency Care
PED 345 | Childhood Obesity
PED 415 | Adapted Physical Education
PHY 101 | Elementary College Physics
PHY 102 | Elementary College Physics II
PSY 220 | Child Psychology
PSY 223 | Life Span Human Development
PSY 247 | Abnormal Psychology

Be a part of faculty research or conduct your own!

For more information about this field, the career options, professional opportunities, and the UNCW program, go to uncw.edu/oss/exercisescience.html

Questions? Contact Dr. Wayland Tseh, Program Coordinator, at 910.962.2484 or tsehw@uncw.edu