

# Exercise Science

Bachelor of Science

The Exercise Science Program at NCWU is only one of three programs in the state and one of only 73 in the nation to be accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). With the help of the Health and Movement Science Club, NCWU is recognized as an Exercise is Medicine (EIM) campus.

The Exercise Science Program is designed to prepare students for future employment in the fitness, health, & human performance industries. Specifically, the goals of the program are 1) to prepare students to pursue various health-related careers in university, corporate, commercial, hospital, and community settings, 2) to prepare students to enter the fitness industry. This may include testing and prescribing exercise for specific age groups such as elderly, children and adolescents as well as apparently healthy and those with controlled disease, 3) to prepare students to pursue National Commission for Certifying Agencies (NCCA) accredited certifications such as the American College of Sports Medicine (ACSM) Certified Exercise Physiologist (ACE), National Academy of Sports Medicine (NASM) and National Council on Strength and Fitness (NCSF), and 4) to prepare students who are interested in post-graduate study in Exercise Sciences and serve as an option for students interested in completing the prerequisites for admission into a variety of professional programs such as physical therapy, occupational therapy, athletic training, etc.

## Career Options:

- Group Exercise Instructor
- Biomechanist
- Cardiopulmonary Rehabilitation Specialist
- Corporate Fitness/Wellness Director
- Exercise Physiologist
- Strength and Conditioning Coach

An Exercise Science degree may be used as a stepping stone for graduate education in the pursuit of the following occupations:

- Athletic Trainer
- Medical Doctor
- Occupational Therapist
- Physical Therapist
- Physician Assistant

## Admissions Criteria:

Students may declare Exercise Science as their major at any time during their freshman and sophomore years but must be officially admitted into the Exercise Science Program. Students must meet all of the following minimum academic requirements to be admitted into the Exercise Science Program:

1. Cumulative GPA of 2.5 or better in all college course work
2. Completion of 56 semester hours
3. Successful completion (grade of C- or better) in all the following courses: EXS 190, EXS 214, BIO 231, BIO 232, EXS 315, EXS 318, EXS 324, and EXS 325.

Student admission into the Exercise Science Program is determined by the Exercise Science Program Director, typically at the end of the fall semester of the student's junior year. Students who have not met all of the Exercise Science admission requirements cannot remain in the Exercise Science Program and must change their major.\*

*\*With proper justification from a student, and following a consultation with the Exercise Science Program Director, in addition to unanimous agreement from all full time Exercise Science Program faculty members, some of the admission, but not graduation, requirements may be temporarily waived.*



## Department Contact:

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## General Education Requirements

<b>I. Interdisciplinary Requirements</b>	<b>Credits</b>	<b>IV. Humanities Courses</b>	<b>Credits</b>
Ethics	3	Religion	3
International Studies	3	English Composition	6
<hr/>		Literature	3
Total Hours	6	Art, Music or Entertainment/Theatre	3
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<b>II. Science Courses</b>	<b>Credits</b>	Total Hours	15
Mathematics	3	<b>TOTAL GENERAL EDUCATION HOURS</b>	<b>41</b>
Biology, including lab	4		
Physics, Earth Science or Chemistry, incl. lab	4		
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Total Hours	11		
<b>III. Social Science Courses</b>	<b>Credits</b>		
History, Political Science	3		
Communication, Economics, Geography or Criminal Justice	3		
Psychology or Sociology	3		
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Total Hours	9		

Unless otherwise specified, transferred credits may be used to fulfill the general requirements at the Registrar's discretion.

## Major Requirements

	Credits		Credits
BIO 231 Anatomy and Physiology I	4	EXS 318 Kinesiology and Biomechanics	3
BIO 232 Anatomy and Physiology II	4	EXS 324 Exercise Physiology	3
CHM 111 General Chemistry I	3	EXS 325 Techniques in Evaluating Fitness	3
CHM 112 General Chemistry I Lab	1	EXS 345 Research and Statistics in EXS	3
NTR 300 Nutrition	3	EXS 351 Principles of Athletic Training	3
MAT 113 College Algebra	3	EXS 380 Junior Seminar in Exercise Science	1
or MAT 115 Trigonometry	3	EXS 430 Strength and Conditioning	3
or MAT 121 Calculus I	4	EXS 425 Advanced Techniques in Eval. Fitness	3
EXS 190 Introduction to Exercise Science	2	EXS 450 Clinical Exercise Physiology I	3
EXS 214 Foundations in Wellness and PT	3	EXS 460 Clinical Exercise Physiology II	3
EXS 235 First Aid and CPR	2	EXS 480 Practicum	3
EXS 305 Health Promotion and Behavior Change	3	EXS 481 Internship	4
EXS 315 Nutrition and Human Performance	3		

## Minor Requirements

*No minor available.*

### General Graduation Guidelines:

Total of 120 semester hours, 39 of which must be numbered 300 or 400.

(Other programs may require coursework beyond 120 semester hours.)

At least 9 semester hours of courses designated as writing intensive.

A declared major.

All EXS majors should attain a grade of C- or better in EXS 190, EXS 214, BIO 231, BIO 232, EXS 315, EXS 318, EXS 324 and EXS 325