

# B.S. in Exercise and Sport Science

## College of Humanities and Social Sciences

2008-2009

Academic Advising Center

Old Main 380

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This document has been created for advising purposes only. Please contact the appropriate department for major and/or graduation requirements.

### Why should I consider an Exercise and Sport Science Major?

The Exercise and Sport Science program provides concentrated study of human movement from developmental, mechanical, motor control, psychosocial, psychological, historical, pathological, and physiological perspectives. The program is appropriate for students who plan to work in the fitness/exercise industry or any other field such as coaching or rehabilitation where human

movement and exercise prescription is the focus.

Additionally, this degree can serve as the gateway degree to the allied health professions (i.e. Physical Therapy, Occupational Therapy, Physician Assistant) or as preparation for post-baccalaureate study in other areas such as Human Growth, Aging, Athletic Training, Biomechanics, Exercise

Physiology, Health Promotion, Motor Control or Sport Psychology.

Supporting courses from Biology, Chemistry, Computer Science, Psychology, Health Education, and Physics may be included to provide more in-depth analysis of principles associated with human structure and function.

### What is the study of Exercise and Sport Science?

The Exercise and Sport Science Program consists of two years of coursework. These include required core coursework (52-61 credits) in the following areas: Professional Activities, Exercise Science Foundations, Psychosocial Foundations, and field experience. Additionally, all Exercise and Sport Science students are required to select and take coursework (34-53 credits) in one of the following

five areas of specialization:

Fitness Science, Health and Fitness Specialist, Pre-Physical Therapy, Pre-Healthcare Professions or Sport Psychology. It is important to note that completion of coursework for the Pre-Physical Therapy and Pre-Healthcare Professions options may take more than two years. Generally, Exercise and Sport Science students begin taking

coursework at the beginning of their junior year; however, earlier entry is possible when general university requirements (GURs) and Exercise and Sport Science requirements are taken concurrently. Careful planning is required if students are to complete their degree during a four-year period.

### Mid Program Checkpoint:

Students intending to complete a Bachelor's of Science degree in Exercise and Sport Science within four years should seek early departmental advisement.

BIOL 101 or 205

BIOL 348 [preferred]

Completion of all GUR requirements

### How to Declare an Exercise and Sport Science Major:

Students are encouraged to contact Kate Kairoff in the PEHR Department to obtain

further advising and to declare a major in their specialization. Most courses are major-restricted.

Current certification in First Aid and CPR is a requirement.

#### Contact Information:

Physical Education, Health and Recreation Department Website:  
<http://www.wwu.edu/pehr/>

For more information, contact:

Kate Kairoff  
CV 102, 360-650-3505  
[Kate.Kairoff@wwu.edu](mailto:Kate.Kairoff@wwu.edu)

#### Health and Fitness Specialist:

Lorrie Brilla  
CV 26, 360-650-3056  
[Lorrie.Brilla@wwu.edu](mailto:Lorrie.Brilla@wwu.edu)

#### Fitness Science, Pre-Physical Therapy & Pre-Healthcare Professions:

Gordon Chalmers, Transfer Credit Evaluator  
ET 275, 360-650-3113  
[Gordon.Chalmers@wwu.edu](mailto:Gordon.Chalmers@wwu.edu)

Kathy Knutzen  
CV 105, 360-650-3055  
[Kathy.Knutzen@wwu.edu](mailto:Kathy.Knutzen@wwu.edu)

Brandi Row  
CV 24, 360-650-4277  
[Brandi.Row@wwu.edu](mailto:Brandi.Row@wwu.edu)

David Suprak  
BH 420Am 360-650-2586  
[David.Suprak@wwu.edu](mailto:David.Suprak@wwu.edu)

#### Sports Psychology:

Ralph Vernacchia  
CV 104, 360-650-3514  
[Ralph.Vernacchia@wwu.edu](mailto:Ralph.Vernacchia@wwu.edu)

#### Sample Career Fields:

- Athletic Trainer\*
  - Nutrition Specialist\*
  - Physical Therapist\*
  - Personal Trainer
  - Sport Psychologist\*
  - Fitness Product Sales
  - Health Club Manager
  - Occupational Therapist\*
- \*following post-baccalaureate study

## Exercise and Sport Science Major Requirements: 86-106 Credits

### CORE REQUIREMENTS:

#### Core Foundation Courses: 12 credits

- PE 301 Survey of Physical Education and Health (3)
- PE 422 Administration of Physical Activity Programs (4)
- BIOL 348 Human Anatomy and Physiology (5)

#### Professional Activities: 8 credits

- PE 101 Beginning Conditioning (1)  
or PE 102 Beginning Group Fitness (1)
- PE 103 Beginning Jogging (1)
- PE 113 Intermediate Swimming (1)
- PE 302 Principles of Conditioning and Strength Training (3)
- PE 110 Level-Physical Activity Instructor Training (2)  
or PE 316 Group Fitness Instructor Training (2)

or Two courses from:

- PE 104 Beginning Hatha Yoga (1)
- PE 120 Beginning Social Dance (1)
- PE 122 Beginning Folk and Country Dance (1)
- PE 123 Beginning Scottish Country Dancing (1)
- PE 132 Beginning Badminton (1)
- PE 134 Beginning Pickleball (1)
- PE 136 Beginning Tennis (1)
- PE 139 Beginning Racquetball (1)
- PE 157 Beginning Skiing (1)
- PE 165 Beginning Handball (1)
- PE 167 Beginning Mountain Bicycling (1)
- PE 168 Beginning Martial Arts (1)
- PE 169 Beginning Self-Defense (1)
- PE 170 Sailing (1)
- PE 175 Windsurfing (1)
- PE 177 Kayak Touring (1)

#### Exercise Science Foundations: 23 credits

- PE 306 Measurement and Evaluation in Physical Education (3)
- PE 308 Human Growth and Motor Development (3)  
or PE 309 Physical Dimensions of Aging (3)
- PE 311 Biomechanics (4)
- PE 312 Kinesiology (5)
- PE 410 Motor Control and Learning (3)
- PE 413 Physiology of Exercise (5)

#### Behavioral and Cultural Foundations: 3 credits

- PE 320 Psychology of Sport (3)
- PE 321 Sociology of Sport (3)
- PE 323 Olympism and the Modern Olympic Games (3)

#### One of the following Options:

- PE 491 Field Experience (6)
- PE 491 Field Experience (3) and PE 493 Exercise and Sport Science Research (3)
- PE 491 Field Experience (3) and PE 494 Instructional Assistant (3)
- PE 471 Internship I (3) and PE 472 Internship II (12)

### Other Exercise and Sport Science options:

Major: B.A. Ed. Physical Education and Health (143 credits)

Minor: Sport Psychology (30 credits)

### SPECIALIZATIONS: Choose one

#### *Fitness Science: 35 credits chosen from*

- BIOL 349
- CHEM 121, 122, 123, 251, 375
- MATH 240 or PE 307
- PHYS 114, 115, 116
- CSCI 101, 140
- HLED 345, 350, 435
- PE 304, 308 or 309, 315, 414, 415

#### *Pre-Physical Therapy: 45-53 credits*

- BIOL 204, 205, 206, 245, 349
- CHEM 121, 122, 123, 251
- CSCI 101, 140
- ENG 302
- HLED 345, 435, 350 or PE 414
- PHYS 114, 115, 116
- PSY 101, 230, 250
- MATH 240 or PE 307

#### *Health and Fitness Specialist: 35 credits*

Required:

- PE 304, 309, 414, 415

Must be taken in the core course set:

- PE 308, 316, 320

Electives: 21 credits selected from the Fitness Science option under advisement

#### *Sports Psychology: 34-36 credits*

- PE 320, 321, 410, 420
- PSY 101, 210, 230, 240, 250

Select one elective under advisement from:

- PSY 119, 220, 332, 370

#### *Pre-Healthcare Professions (OT, Nursing, PA, Chiropractic): 45-53 credits*

- ANTH 201, 215
- BIOL 204, 205, 206, 245, 349
- CHEM 121, 122, 123, 251, 351, 352, 353, 354, 355, 375
- CSCI 101
- ENG 302
- HLED 345, 435
- PE 307 (or MATH 240), 414 (or HLED 350)
- PHYS 101, 114, 115, 116

**These courses are required (or advised) for this major and may be used to satisfy GUR or Writing Proficiency requirements:**

**QSR:** MATH 112, 114, 115, 240

**SSC:** PSYC 101

**BGCM:** PSYC 119

**LSCI:** BIOL 101 or 204, 205, 206, CHEM 121, 122, 123, PHYS 115, 116

**SCI:** PHYS 114

**WP:** Three Writing Proficiency points are required for graduation (they are noted as WP1, WP2, WP3). Check [Classfinder](#) or [Online Timetable](#) for departmental offerings each quarter.