

B.S. in Exercise and Sport Science

College of Humanities and Social Sciences

2007-2008

Academic Advising Center

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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.

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.

Declaring an Exercise and Sport Science Major:

Students are encouraged to contact the PEHR Department Secretary, 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.

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.

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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 Aerobic Fitness (1)
- PE 103 Beginning Jogging (1)
- PE 113 Intermediate Swimming (1)
- PE 302 Principles of Conditioning and Strength Training (3)
- PE 109 Group Fitness Instructor Training (2)
or PE 110 Level-Physical Activity 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 154 Beginning Golf (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 490, 491, or 492 Field Experience (6)
- PE 490, 491, or 492 Field Experience (3) and PE 493 Exercise and Sport Science Research (3)
- PE 490, 491, or 492 Field Experience (3) and PE 494 Exercise Instructional Assistant (3)
- PE 471 Internship I (3) and PE 472 Internship II (12)

SPECIALIZATIONS: Choose one

Fitness Science: 35 credits chosen from

- BIOL 349
- CHEM 115, 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, 414, 415

Pre-Physical Therapy: 45-53 credits

- BIOL 204, 205, 206, 297a, 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

Within the Core courses students must take:

- PE 109, 308, 320

Electives: 21 credits selected from the Fitness Science option

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, 297A, 349

- CHEM 115, 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

- PSY 101, 230, 250

Other Exercise and Sport Science options:

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

Minor: Sport Psychology (30 credits)

These required, prerequisite or elective courses will also satisfy the GUR or other Graduation Requirement:

QSR: MATH 112, 114, 115, 240

SSC: PSYC 101

BGCM: PSYC 119

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

SCI: PHYS 114

WP: PE 422