



# EXERCISE SCIENCE & WELLNESS

The health and wellness field recognizes the benefits of exercise, fitness, and healthy behaviors for the treatment and prevention of disease, healthy aging, and an enhanced quality of life. The Exercise Science and Wellness major equips graduates with the knowledge, skills, and experience to merge the science of exercise with health and wellness, prepares them to be promoters of health and fitness, and to motivate people to practice healthy lifestyles.

*Some golden nuggets to consider...*

## REAL

The Bachelor of Science (B.S.) in Exercise Science and Wellness combines the study of exercise physiology within the holistic context of health and wellness. This major integrates hands-on, experiential learning, with laboratory work, involving conducting and interpreting physical fitness assessments and developing exercise prescriptions for various demographic populations.



## HANDS-ON

Gain experience with advanced equipment such as a Bod Pod, MicroFit assessment software and equipment, and IWorx lab. Students work with equipment not typically available to undergrad students at other universities. Students also learn effective techniques in coaching, counseling, and motivation.

## CAREER READY

- Strength and Conditioning Coaching
- Wellness Coaching
- Sport Performance Industry
- Clinical Exercise Settings
- Exercise Physiology
- Fitness leader in Gerontology Settings
- Health and Fitness Industry
- Pre-Athletic Training
- Pre-Professional: (ex. Pre-Physical Therapy, Pre-Occupational Therapy)
- Biochemist/Research

**REAL. HANDS-ON. READY.**

# PROGRAM REQUIREMENTS & CURRICULUM

## PROGRAM REQUIREMENTS: 50 CREDITS

Take exactly 18 course(s) totaling exactly 50 credit(s) from the following:

- BIOL2103 - Human Anatomy and Physiology I (4 Cr.)
- BIOL2104 - Human Anatomy and Physiology II (4 Cr.)
- BIOL3520 - Exercise Physiology (4 Cr.)
- HLTH1062 - First Aid and CPR (2 Cr.)
- HSCI1072 - Wellness (3 Cr.)
- HSCI1201 - Introduction to Exercise Science (2 Cr.)
- HSCI2650 - Stress Management (3 Cr.)
- HSCI3001 - Community Health and Wellness (3 Cr.)
- HSCI3112 - Kinesiology (4 Cr.)
- HSCI4520 - Exercise Testing and Prescription (3 Cr.)
- HSCI4650 - Advanced Concepts of Strength and Conditioning (3 Cr.)
- HSCI4720 - Exercise and Wellness for Special Populations (3 Cr.)
- SRM2000 - Prevention and Care of Athletic Injuries (3 Cr.)
- HSCI3050 - Sport Nutrition (3 Cr.)
- WRIT3303 - Writing in Your Profession (3 Cr.)
- HSCI3899 - Pre-Internship Seminar (0.5 Cr.)
- HSCI3900 - Internship (1-2 Cr.)
- HSCI3901 - Post-Internship Seminar (0.5 Cr.)

## OPEN ELECTIVES

Students must take enough open electives credits to meet the 120 credit graduation requirement. It is recommended students work with their advisor for appropriate elective selection.

- CHEM 1401 - Elementary Bioorganic Chemistry (4.0 cr)
- COMM 3001 - Human Relationships and Leadership (3.0 cr)
- MGMT 3200 - Principles of Management (3.0 cr)
- MGMT 3210 - Supervision and Leadership (3.0 cr)
- MKTG 3300 - Principles of Marketing (3.0 cr)
- PHIL 2002 - Introduction to Ethics (3.0 cr)
- PSY 1093 - Lifespan Development (3.0 cr)
- PSY 2253 - Human Behavior and Diversity Issues (3.0 cr)
- SOC 3937 - Social Gerontology: Elders in American Society (3.0 cr)
- SRM 3003 - Sport Facility and Activities Management (3.0 cr)
- SRM 3200 - Socio-Cultural Dimensions in Sport (3.0 cr)

Contact us today!

(218) 281-8569 | [umcinfo@umn.edu](mailto:umcinfo@umn.edu)  
[www.umcrookston.edu/exercisesci](http://www.umcrookston.edu/exercisesci)

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## LIBERAL EDUCATION REQUIREMENTS: 40 CR.

- BIOL 1009 - General Biology (4.0 cr)
- COMP 1011 - Composition I (3.0 cr)
- COMP 1013 - Composition II (3.0 cr)
- HSCI 1123 - Fundamentals of Nutrition (3.0 cr)
- MATH 1150 - Introduction to Statistics (3.0 cr)
- PSY 1001 - General Psychology (3.0 cr)
- SOC 1001 - Introduction to Sociology (3.0 cr)
- CHEM 1001 - Introductory Chemistry (4.0 cr)
  - or CHEM 1061 - Chemical Principles I (3.0 cr)
- CHEM 1065 - Chemical Principles I Laboratory (1.0 cr)
- COMM 2002 - Interpersonal Communication (3.0 cr)
  - or COMM 1101 - Public Speaking (3.0 cr)
- PHYS 1012 - Introductory Physics (4.0 cr)
  - or PHYS 1101 - Introductory College Physics I (4.0 cr)

## TECHNOLOGY REQUIREMENTS

Students must take 3 credits from the following courses:

- CA 1xxx
- CA 2xxx
- CHEM 3022 - Chemical Analysis in the Biological and Environmental Sciences (4.0 cr)
- MATH 1150 - Introduction to Statistics (3.0 cr)



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