

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS)

Program Learning Outcomes

- **Professional Competence:** To utilize knowledge, skills, and abilities to evaluate health behavior and risk factors; develop, implement, and evaluate evidence-based exercise and wellness programs, and employ behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors.
- **Professional Interaction and Communication:** To interact and communicate effectively by presenting information in oral and written formats, collaborating with professionals and peers, expressing ideas clearly, and giving and receiving feedback.
- **Professional Behavior and Involvement:** To model professional behaviors (including preparedness, engagement, and appearance), and demonstrate professional involvement across the major.
- **Ethical Reasoning:** To make well-informed and unbiased decisions to enhance the well-being of others
- **Critical Thinking:** To demonstrate clear and accurate reasoning to make decisions and solve problems.

Academic Policies for Students in the Exercise Science Major

Effective for all Exercise Science Majors beginning Spring 2021

1. Policy for earning acceptable grades in the Exercise Science program:
 - a. A student must earn a grade of "C" or better in ALL Required Basic Courses (ERS 100's, ERS 200's, ERS 300's) and Required Upper Level Courses (ERS 400's, ERS 410's, ERS 424, ERS 450).
 - b. A student must earn a grade of "C" or better in ALL Natural Science and Math College-Wide Requirements (BIOL 216, BIOL 217, STAT 152, PHYS 201).
 - c. The Exercise Science curriculum is structured with pre-requisites. A student must earn a "C" or better in the pre-requisite course to be able to take the next course. See course catalog for pre-requisites.
 - d. If a student does not earn a "C" or better, they will be required to:
 - i. Retake the course
 - ii. They will be dropped from any course(s) in the following semester that requires a "C" or better as a pre-requisite (see course catalog for pre-requisites)
 - iii. Students will need to meet with their Academic Advisor and change their schedule accordingly
2. SRU has a *Repeat of Courses Policy* as follows and it can be found in the course catalog: Repeat of Courses < Slippery Rock University (sru.edu) (<https://catalog.sru.edu/academic-policies/repeat-of-courses/>)
 - a. Students may attempt to improve their grade point average by repeating courses. The most recent grade earned is used in calculating the GPA even if the earlier grade was higher. If a passed course is repeated and failed (or NC), the student will lose both the grade points and credits previously earned. However, all grades will appear on the transcript. Courses in which a grade was earned at Slippery Rock University may not be repeated at

any institution. A grade of W (withdraw) does not count as an earned grade.

Students who repeat a course must do so using the same grading system under which they originally took the course. For example, a student who originally took a course graded A-F may not repeat the course on a P/NC, P/F, or audit basis. Students may not repeat a course by using any Credit by Examination program if they originally took the course on a graded A-F, P/NC, P/F, or audit basis.

Undergraduate students will be limited to a maximum total of six repeats during their entire SRU academic career, excluding withdrawal grades.

In addition, repeats of a single course will be limited to a maximum of two. This means, no single course may be taken more than three times (excluding withdrawal grades). The course repeat policy for post-baccalaureate students is the same as the undergraduate student policy.

3. Once the student has exceeded the *SRU Repeat of Courses Policy*, the student will have their major changed to Exploratory and ERS - Exercise Science Major courses will be removed from their schedule.
4. Policy for changing to the Exercise Science major:
 - a. A Slippery Rock University student wishing to change their major to Exercise Science MUST have an overall GPA of 2.00.
 - b. A transfer student who enters from another University must have an overall GPA of 2.00.
5. Additional costs associated with the Exercise Science major:
 - a. Lab fees will be collected for exercise science classes with a lab component. This fee enhances the department's ability to offer a high-quality program.
 - b. A student in the Exercise Science major is required to maintain current CPR/AED, First Aid, and Student Professional Liability Insurance while enrolled in ERS 412 and ERS 450 at their own cost. More information will be provided to students in the upper level ERS courses.
 - c. ERS 450 Internship: Certain sites may require one or more of the following: physical examinations, record of immunizations, TB test, criminal background checks, drug testing, specific certifications for CPR/AED (e.g., American Heart Association), and HIPAA training. These may require additional costs for students. Fulfilling these requirements and obtaining appropriate documentation is the responsibility of the student.

Updated September 14, 2021

Related Links

Exercise Science, BS Program Page (<https://www.sru.edu/academics/majors-and-minors/exercise-science/>)

Exercise Science Program Page (<https://www.sru.edu/academics/colleges-and-departments/ches/departments/exercise-science/>)

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensures/>)

Curriculum Guide

GPA Requirement – Exercise Science

1st Major: Exercise Science

- Overall GPA: 2.0 or higher
- Major GPA (includes Major Requirements and College Wide Requirements): 2.0 or higher

Summary*

Code	Title	Hours
	Rock Studies Requirements	43
	Other Basic Requirements	0-3
	Computer Competency	0-3
	Major Requirements	57
	Natural Science and Math College-Wide Requirements	12
	Electives	17

* All undergraduate degree programs require a minimum of 120 credits. Some courses meet multiple requirements, but are only counted once toward the 120 credit total required to graduate.

Rock Studies Requirements

Code	Title	Hours
The Rock		
SUBJ 139	University Seminar ¹	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
STAT 152	Elementary Statistics I	3
Select one of the following:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
Subtotal		15
Integrated Inquiry		
<i>Creative and Aesthetic Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
<i>Humanities Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
<i>Social Science Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/)		3
<i>Natural Sciences Inquiry</i>		
BIOL 216	Anatomy and Physiology I with Lab	3
<i>Physical Science Inquiry</i>		
PHYS 201	Elements of Physics I with Lab	4
Subtotal		16
Thematic Thread		
Select 12 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-quick-guide/) ²		12
Total Hours		43

¹ Course offered in multiple subjects; cannot take course in first major subject

² From at least 3 categories; no more than 6 credits from one department; 6 credits must be 300-level or above.

Basic Math Requirement

Check with your adviser or a current degree audit report to see if you have been exempted from this course. The credit earned in this course will not be counted toward the 120 credit hour minimum needed to earn a degree.

Code	Title	Hours
Complete one of the following:		
Meet required minimum SAT or ACT math score OR		
ESAP 110	Beginning Algebra	0-3
Total Hours		0-3

Computer Competency

Code	Title	Hours
Demonstrate "computer competency" by one of the following:		
Pass Computer Competency Exam OR		
Select one of the following at SRU or another post-secondary institution:		
CPSC 100	Introduction to Computing for Liberal Arts	
CPSC 110	Computer Concepts	
CPSC 130	Introduction to Computing and Programming	
PE 202	Technology for Wellness	
Total Hours		0-3

Major Requirements

- 29 major credits must be taken at SRU or PASSHE
- 29 major credits must be taken at the 300 level or above
- Students may choose to earn a BS in Exercise Science as preparation for graduate studies in many health care related fields. In this case, the student should learn what prerequisites are required for his/her intended graduate program and take those courses as electives while completing the Exercise Science Program.
- This program prepares you to sit for national examinations. While professional licensure/certification is not required, some employers may require certification.

Code	Title	Hours
Required Basic Courses		
Must earn a "C" or better in the following courses		
ERS 100	Introduction to Exercise Science: Careers and Content ^{1,2}	3
ERS 101	Applied Anatomy/Lab ^{1,2}	3
ERS 201	Exercise Physiology with Lab ^{1,2}	3
ERS 202	Biomechanics with Lab ^{1,2}	3
ERS 300	Research Methods in Exercise Science ^{1,2}	3
ERS 301	Aerobic Exercise Leadership ^{1,2}	3
ERS 302	Exercise Leadership: Resistance Training ^{1,2}	3
Subtotal		21
Required Upper Level Courses		
Must earn a "C" or better in the following courses		
ERS 424	Nutrition and Exercise ^{1,2}	3
or HLTH 424	Nutrition and Exercise	

ERS 400	Wellness coaching and Program Management ^{1,2}	3
ERS 401	Fitness Assessment ^{1,2}	3
ERS 402	Exercise Prescription ^{1,2}	3
ERS 403	Advanced Exercise Physiology ^{1,2}	3
ERS 410	Clinical Exercise Physiology ^{1,2}	3
ERS 411	Exercise Science: Special Populations and Conditions ^{1,2}	3
ERS 412	Exercise Science: Senior Synthesis ^{1,2}	3
ERS 450	Exercise Science Internship ^{1,2}	6
ERS 450	Exercise Science Internship ^{1,2}	6
Subtotal		36
Total Hours		57

¹ Course counts toward Major GPA

² Course counts for 50% of Major requirements

* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

Natural Science and Math College-Wide Requirements

Code	Title	Hours
Must earn a "C" or better in the following courses		
BIOL 216	Anatomy and Physiology I with Lab ¹	3
BIOL 217	Anatomy and Physiology II with Lab ¹	3
STAT 152	Elementary Statistics I ¹	3
PHYS 201	Elements of Physics I with Lab ¹	4
Total Hours		13

¹ Course counts toward Major GPA

Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.*

PASSHE - Pennsylvania State System of Higher Education Institutions

Exercise Science - BS (6149)

This program is effective as of Summer 2021.

Revised 06.30.21

UCC 03.02.2021

Recommended Four-Year Plan

Course	Title	Hours
First Year		
Fall		
Select one of the following:		3
ERS 100	Introduction to Exercise Science: Careers and Content ³	
ERS 101	Applied Anatomy/Lab ³	

PHYS 201	Elements of Physics I with Lab ^{1,3}	4
SUBJ 139	University Seminar ²	3
Rock Studies		6
INDS 101	FIRST Seminar	1
Hours		17

Spring

Select one of the following:		3
ERS 100	Introduction to Exercise Science: Careers and Content ³	
ERS 101	Applied Anatomy/Lab ³	
STAT 152	Elementary Statistics I ^{1,3}	3
Rock Studies		9
Computer Competency Course (only if needed)		1
Hours		16

Second Year

Fall

Select one of the following: ³		3
ERS 201	Exercise Physiology with Lab ³	
ERS 202	Biomechanics with Lab ³	
BIOL 216	Anatomy and Physiology I with Lab ^{1,3}	3
Rock Studies		9
Hours		15

Spring

Select one of the following: ³		3
ERS 201	Exercise Physiology with Lab ³	
ERS 202	Biomechanics with Lab ³	
BIOL 217	Anatomy and Physiology II with Lab ³	3
Rock Studies/Electives		9
Hours		15

Third Year

Fall

ERS 300	Research Methods in Exercise Science ³	3
ERS 301	Aerobic Exercise Leadership ³	3
ERS 302	Exercise Leadership: Resistance Training ³	3
Rock Studies/Electives		6
Hours		15

Spring

ERS 400	Wellness coaching and Program Management ³	3
ERS 401	Fitness Assessment ³	3
ERS 402	Exercise Prescription ³	3
ERS 403	Advanced Exercise Physiology ³	3
Rock Studies/Electives		3
Hours		15

Fourth Year

Fall

ERS 410	Clinical Exercise Physiology ³	3
ERS 411	Exercise Science: Special Populations and Conditions ³	3
ERS 412	Exercise Science: Senior Synthesis ³	3
Select one of the following:		3
ERS 424	Nutrition and Exercise ³	

HLTH 424	Nutrition and Exercise ³	
Rock Studies/Electives		3-4
Hours		15-16
Spring		
ERS 450	Exercise Science Internship (Internship may be taken in the summer) ^{3,4}	12
Hours		12
Total Hours**		120-121

¹ Course satisfies majors and Rock Studies requirements

² Course offered in multiple subjects; cannot take course in first major subject

³ Must earn a grade of "C" or better

⁴ ERS 450: Exercise Science Internship may be scheduled Only after all prerequisites are met. Also required are a valid First Aid, CPR/AED certification and proof of student professional liability insurance. ERS 412 provides all necessary information pertaining to the internship registration process and is taken the semester prior to internship.

* Students are encouraged to take INDS 101 as a Free Elective.

**** This document is meant to serve as a guide. Some planners may show more than 120 credits because faculty have created flexibility in choosing courses. However, only 120 credits are required to obtain a degree. Please consult with your academic adviser and refer to your curriculum guide prior to registering for courses. This plan should be reviewed, and verified, by you and your academic adviser at least once each academic year.**

Major Code: 6149

Revised: 10.11.2021