### MAJOR REQUIREMENTS (84 UNITS)

**Exercise Science Core Curriculum (46 units)**
- EXSC 104 Seminar in Exercise Science (1)
- EXSC 224 Structural Kinesiology (4) Prerequisite: BIOL 131
- EXSC 254 Current Concepts & Applications of Fitness (4) Prerequisite: HLSC 120
- EXSC 275 Critical Scholarship in Exercise Science (4)
- EXSC 350 Exercise Science Colloquium I (1)
- EXSC 354 Methods of Fitness Instruction (4) Prerequisite: BIOL 131
- EXSC 364 Research Methods (4) Prerequisite: MATH 155
- EXSC 394 Internship in Exercise Science I (2)
- EXSC 424 Biomechanics of Human Movement (4) Prerequisite: BIOL 131, 132, PHYS 117, PHYS 117 and Junior standing
- EXSC 426 Exercise Physiology (4) Prerequisite: BIOL 131 & 132
- EXSC 444 Physiological Assessment & Exercise Prescription (3) Prerequisite: BIOL 131, EXSC 426, MATH 121 & HLSC 120
- EXSC 450 Exercise Science Colloquium II (1)
- EXSC 494 Internship in Exercise Science (2) Prerequisite: EXSC 444, Senior standing, CPR certification, and Department chair approval
- HLSC 225 Nutrition Theory and Practice (4) Life Science. No laboratory. Prerequisite: Sophomore; recommended: HLSC 120/HLSC 214
- HLSC 326 Behavior Change in Health & Wellness

*(NOTE: Juniors and Seniors must provide evidence of certification in First Aid / CPR)*

**Major Electives (24 units)**
- EXSC 215A Introduction to Athletic Training I (2)
- EXSC 215B Introduction to Athletic Training II (2)
- EXSC 416 Movement in Cultural Perspective (4) Prerequisite: ENGL 113/124; Arts and Humanities*
- EXSC 418E Sport Psychology (4)
- ARTS 194 PS/ Illustrator Image Creation (4)
- COMM 226 Mass Media & Society (4)
- FLTV 104 Editing for Beginners (4)
- Up to 8 units of HLSC courses, excluding 120, 225, 350, 375, 475, 495, 499
- Up to two activity classes (total 1 unit towards major)
- Up to two, 1-year science sequences (BIOL 111-113, CHEM 111-113, or PHYS 231-233)

**Required Cognates (14 units)**
- BIOL 131 Human Anatomy and Physiology I (5) Life Science*
- BIOL 132 Human Anatomy and Physiology II (5) Prerequisite: BIOL 131
- PHYS 117 Intro to Physics (3) and PHYS 117L Laboratory (1) Physical science*

### UNIVERSITY STUDIES FOUNDATIONAL STUDIES (20-33 UNITS)

**I FIRST-YEAR SEMINAR**
- UNST 101A (1) and 101B (1) or UNST 100A (3) and 100B (3)

**II RHETORICAL SKILLS**
- A. ENGL 111 (3), 112 (3), 113 (3) College Writing or ENGL 124 Freshman Seminar (4)
- B. Upper Division Rhetoric: EXSC 416 Movement in Cultural Perspective (4)

**III MATHEMATICS**
- One college-level Mathematics course (4) MATH 155 preferred by major

**IV WORLD LANGUAGES**
- Level 3 proficiency (e.g. 153) in one non-English language (4-12)

**V HEALTH AND FITNESS**
- HLSC 120 Lifetime Fitness (2)

### UNIVERSITY STUDIES GENERAL STUDIES (48 UNITS, 16 UPPER DIVISION)

**THEME I. SOCIAL SCIENCES (SSCI) 8 units**
- Globalization, Identity and Citizenship (4 units from SSCI 204/205/206/207/208) Prerequisite: ENGL 113/124
- Social Science Breadth Courses (4 units)

**THEME II. ARTS AND HUMANITIES (HUMN) 12 units**
- Exploring Culture (4 units from HUMN 104/105/106/107/108/109) Prerequisite: ENGL 111/124
- Arts and Humanities Breadth Courses (4 units)
- Arts and Humanities Breadth Courses (4 units)

**THEME III RELIGIOUS BELIEFS AND PRACTICES (RLGN) 16 units**
- RLGN 304 Adventism in Global Perspective or RLGN 305 Religion in Three Cultures (4) Prerequisite: ENGL 113/124, Junior Status
  - A. Spiritual Experience and Expressions (0-4 units)
  - B. Beliefs and Heritage (4 units)
  - C. Scripture (4 units)
  - D. Religion and Society (0-4 units)

**THEME IV NATURAL SCIENCES (NSCI) 12 units**
- Scientific Foundations (4 units from NSCI 404/405/406/407/408)
- Life Science (4 units) Either life science or physical science must include a laboratory
- Physical Science (4 units) Either life science or physical science must include a laboratory

**THEME V SENIOR SEMINAR**
- UNST 404G Religion, Values, and Social Responsibility (4)

### UNIVERSITY STUDIES SERVICE-LEARNING (3 courses)

*A maximum of 4 units from the Major, and 8 units of Cognates required by the Major, may apply to University Studies General Studies requirements (2017-2018 Undergraduate Academic Bulletin).*

NOTES: Should a student’s general education and major degree program not meet the minimum 190 units required for graduation, the student must complete elective units to make up the deficiency.
EXERCISE SCIENCE  
Bachelor of Science

CAREER OPPORTUNITIES AND RELATED OCCUPATIONS: Students majoring in Exercise Science can consider career paths such as personal training, specialization in strength and conditioning, or entry into fitness or wellness center management. It is also an excellent foundational degree in preparation for application to graduate school by including prerequisite coursework for programs that include medicine, physical therapy, physician’s assistant, occupational therapy, and pharmacy school.

EDUCATIONAL QUALIFICATIONS: Athletic trainers need at least a bachelor’s degree from an accredited college or university. Master’s degree programs are also common. Degree programs have classroom and clinical components, including science and health-related courses, such as biology, anatomy, physiology, and nutrition.

The Commission on Accreditation of Athletic Training Education (CAATE) accredits athletic trainer programs, including postprofessional and residency athletic trainer programs.

JOB OUTLOOK: Employment of athletic trainers is projected to grow 21 percent from 2014 to 2024, much faster than the average for all occupations.

ENTERING SALARY: The median annual wage for athletic trainers was $44,670 in May 2015. The lowest 10 percent earned less than $28,480, and the highest 10 percent earned more than $68,300.

In May 2015, the median annual wages for athletic trainers in the top industries in which they worked were as follows:

- Educational services; state, local, and private: $47,540
- Hospitals; state, local, and private: $45,270
- Spectator sports: $44,920
- Ambulatory healthcare services: $43,070
- Fitness and recreational sports centers: $40,800

Most athletic trainers work full time. Athletic trainers who work with teams during sporting events may work evenings or weekends and travel often.

