MAJOR REQUIREMENTS (84 UNITS)  
Grades of “C” or better required.

Exercise Science Core Curriculum (44 units)
- EXSC 104 Seminar in Exercise Science (1)
- EXSC 204 Trends in the Philosophy of Health (2)
- EXSC 224 Structural Kinesiology (4) Prerequisite: BIOL 131
- EXSC 254 Current Concepts & Applications of Fitness (4) Prerequisite: HLSC 120
- 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

Required Cognates (14 units)
- HLSC 225 Nutrition Theory and Practice (4) Life Science. No laboratory. Prerequisite: Sophomore; recommended: HLSC 120/HLSC 214

Major Electives (26 units)
- EXSC 215 Introduction to Athletic Training (3)
- EXSC 384 Elementary School Physical Education (3) Prerequisite: ENGL 113/124
- EXSC 416 Movement in Cultural Perspective (4) Prerequisite: ENGL 113/124; Arts and Humanities*
- HLSC 275 Critical Scholarship in Health Applied Science (4) Prerequisite: ENGL 113/124
- HLSC 314A Dynamics of Health Education (2)
- HLSC 314B Dynamics of Health Education (2)
- HLSC 317 Health, Society, and the Consumer (4) Prerequisite: ENGL 113/124 and HLSC 214. Social Science*
- HLSC 425D Behavior Change in Health & Wellness (4) ENGL 113/124
- HLSC 467 Principles of Epidemiology (3) Prerequisite: HLSC 214, 429 & MATH 121

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 (20-37 UNITS)  
Grades of “C” or better required.

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 (52 UNITS, 16 UPPER DIVISION)  
Grades of “D” or better required, unless courses are required by major.

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) Prerequisite: ENGL 111/124
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 (2016-2017 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.
