Exercise Science, BS

Requirements
The Bachelor of Science with a major in exercise science requires a minimum of 120 s.h., including at least 48-50 s.h. of work for the major. A minimum of 16 s.h. in the major must be earned at the University of Iowa. Students must maintain a grade-point average of at least 2.00 in all courses for the major and in all UI courses for the major. They also must complete the College of Liberal Arts and Sciences GE CLAS Core.

The BS in exercise science is intended for students seeking careers as professionals in fitness and in strength and conditioning. The major provides focused study in physical fitness, physical activity, sport nutrition, and sport conditioning as they pertain to health and performance outcomes. The curriculum has been approved by the American College of Sports Medicine (ACSM) as meeting the academic preparation for certification as an ACSM-certified exercise physiologist and ACSM-certified personal trainer. It also prepares students for certification by the National Strength and Conditioning Association as a certified strength and conditioning specialist and certified special population specialist. The strong physiological science-based curriculum can serve as preparation for professional or graduate study in rehabilitation sciences, performance sciences, or medical fields.

Students who earn the major in exercise science may not earn a major in human physiology, health promotion, or health studies.

Students who earn the major in exercise science may not earn a minor in lifestyle medicine but may earn a minor in human physiology.

The BS with a major in exercise science requires the following coursework.

Science and Math Foundation Courses

Course #   Title   Hours
Chemistry
CHEM:1080 General Chemistry II 3
CHEM:1120 Principles of Chemistry II 4

Biology
BIOL:1140 Human Biology: Nonmajors 4
BIOL:1141 Human Biology: Health Professions 4

Mathematics or Statistics
One of these:
MATH:1020 Elementary Functions 4
MATH:1350 Quantitative Reasoning for Business 4
MATH:1440 Mathematics for the Biological Sciences 4
MATH:1460 Calculus for the Biological Sciences 4
MATH:1850 Calculus I 4
PSQF:4143/STAT:4143 Introduction to Statistical Methods 3
ST:1020/PSQF:1020 Elementary Statistics and Inference 3
STAT:1030 Statistics for Business 4
STAT:3510/IG:3510 Biostatistics 3

Exercise Science Foundation Courses

Course #   Title   Hours
All of these:
HHP:1100 Human Anatomy 3
HHP:1300 Fundamentals of Human Physiology 3
HHP:2200 Physical Activity and Health 3
HHP:2310 Nutrition and Health 3

Exercise Science Core Courses

Course #   Title   Hours
All of these:
HHP:2350 Biomechanics of Sport and Physical Activity 3
HHP:3045 Physical Activity Psychology 3
HHP:3400 Applied Exercise Physiology 3
HHP:4200 Metabolic Exercise Testing and Prescription 4
HHP:4210 Musculoskeletal Exercise Testing and Prescription 4
HHP:4310 Sport and Exercise Nutrition 3

Electives

Students must complete at least 6 s.h. of additional health and human physiology courses (prefix HHP) numbered 2000 or above.