

Major Course Requirements

A minimum of 63 hours (32 upper-division hours):

► **Required Core Courses (55 hours):**

BIOL 101	Human Anatomy	5
BIOL 102	Human Physiology	5
ESAC 370	Lifeguard Training	2
ESTH 166	Historical Foundations	2
ESTH 170	Care and Prevention of Athletic Injuries	2
ESTH 181	Basic Movements	2
ESTH 265	Theory and Technique of Aquatic Fitness	2
ESTH 287	Theory and Technique of Individual Sports	2
ESTH 371	Kinesiology	4
ESTH 372	Physiology of Exercise	4
ESTH 373	Corrective Physical Education	3
ESTH 374	Motor Learning	4
ESTH 378	Fitness Assessment and Exercise Prescription	3
ESTH 381	Theory and Technique of Racquet Sports	2
ESTH 471	Evaluation in Physical Education	3
ESTH 483	Theory and Technique of Weight Training	2
ESTH 490	Ethics in Physical Education	2
ESTH 492	Practicum in Sports Science	3
FDNT 235	Nutrition	3
HLED 166	Health Education	2

► **Required Core Electives (6 hours):**

At least 6 hours from the following: 6

(To be chosen in consultation with the major advisor)

ESTH 183	Theory and Technique of Track and Field (2)
ESTH 260	Theory and Technique of Football (2)
ESTH 261	Theory and Technique of Volleyball (2)
ESTH 262	Theory and Technique of Basketball (2)
ESTH 263	Theory and Technique of Softball (2)
ESTH 264	Theory and Technique of Soccer (2)

Recommended Cognate Courses:

(For students earning pre-professional degrees)

BIOL 111-112-113	Biological Foundations (15)
BIOL 320	Cellular and Molecular Biology (4)
CHEM 111-112-113	General Chemistry (15)
CHEM 371-372-373	Organic Chemistry (12)
CHEM 481	Biochemistry I (4)
CHEM 482	Biochemistry II (4)
PHYS 111-112-113	General Physics (12)

The B.S. degree curriculum (including all recommended cognates) meets or exceeds all undergraduate science requirements for pre-medical and pre-dental students applying to Loma Linda University and many other schools.

Student Learning Outcomes

Students can:

- Demonstrate knowledge and skill in a broad variety of movement and fitness activities and apply knowledge of physical capabilities, learning theory and movement principles in program development, lesson planning and design.
- Demonstrate an understanding of the sociocultural and humanistic bases of movement with diverse cultures, historical periods, and social settings.
- Demonstrate how to apply kinesiological knowledge to enhance motor skill and fitness with a variety of populations and conditions.
- Demonstrate critical thinking, writing, oral communication, and information management skills to comprehend and evaluate information related to health and human performance.
- Demonstrate knowledge of the conditions of safe practice in movement-related contexts across the life span and within diverse populations, and respond appropriately to common injuries occurring during physical activity.
- Use technological means to apply kinesiological data collection techniques and measurement theory to assess, analyze, and evaluate human performance.
- Exhibit familiarity with standards, ethics, and expectations of professional communities related to human movement in physical activities.
- Demonstrate an understanding of the components of fitness and the importance of exercise and nutrition as it relates to a healthy lifestyle.
- Enter field experience which gives a supervised educational/profession experience in real life situations.

Occupational Information

What can I do with this major?

Students graduating with a major in Exercise Science, Health and Nutrition with an emphasis in Exercise Science, will be prepared to either enter medical school or go on to athletic training in a graduate program in a specific area of exercise science.

Additional Education Required?

Graduates from this program are prepared for undertaking a masters degree program, and if successful there, may go on to a doctoral program of their choice.

Public Sector vs. Denominational

Employment can be found both in the public sector and the denomination.

Job Outlook

Many students who finish this program and are successful in a graduate program either in medicine or athletic training, find employment in hospitals, athletic clinics, universities, or professional sport teams.

Depending on which track a student undertakes, he or she might expect to find a salary range of between \$65,000 and \$125,000 yearly income, although most new graduates might expect to start at a lower amount.

General Education Requirements

To view general education requirements for this major, please refer to page A-01, Summary of General Education Requirements: B.A.-B.S. degree.

How to Construct Your Own Program

1. Counsel with your advisor.
2. Consider your aptitudes, interests, and available courses.
3. Schedule major courses and cognates first.
4. Fill the rest of your schedule with G.E. requirements.
5. For the freshman year include English, Religion, and PE courses. Also include Introductory & Intermediate Algebra unless waived by previous work.

What the Degree Includes

A total of 192 quarter hours including:

1. A minimum of 60 upper division hours.
2. General Education requirements.
3. Major requirements.
4. Minimum 2.0 GPA, overall and major.

For More Information

Exercise Science, Health & Nutrition Department
 Pacific Union College
 One Angwin Avenue
 Angwin, CA 94508
 (707) 965-6346

Website: www.puc.edu/exercise-science-health-nutrition

Sample Four-Year Program

This sample curriculum is designed to show you how a program may be constructed and to help you select a proper sequence of courses in the major. It is not likely that these courses can always be taken in the order given. Your advisor will help you design a personalized program of studies.

First Year	F	W	S
Basic Movement	2	-	-
Historical Foundations of PE	-	2	-
Care & Prevention of Athletic Injuries	-	2	-
College English	4	4	-
Religion	3	-	3

First and Second Years (<i>alternating courses</i>)	F	W	S
T & T of Aquatic Fitness (odd)	2	-	-
T & T Track & Field (odd)	-	-	2
T & T Individual Sports (odd)	-	-	2
T & T Volleyball (even)	2	-	-
T & T Football (even)	2	-	-
T & T Basketball (even)	-	2	-
T & T Softball (even)	-	-	2
T & T Soccer (even)	-	-	2

Second Year	F	W	S
Biological Foundations	5	5	5
Human Anatomy	5	-	-
Human Physiology	-	5	-
Health Education	-	-	2
General Education/Electives	7	12	14
	32	32	32

Third and Fourth Years	F	W	S
Kinesiology (odd)	4	-	-
T & T Racquet Sports (odd)	2	-	-
Evaluation in Physical Education (odd)	-	3	-
Fitness Assessment (odd)	-	3	-
Corrective PE (odd)	-	-	3
Physiology of Exercise (even)	4	-	-
Motor Learning (even)	-	4	-
Ethics in Physical Education (even)	-	2	-
T & T Weight Training (even)	-	-	2
Practicum in Sports Science	-	-	3
Nutrition	-	-	3
Lifeguard Training	-	-	2
General Physics	4	4	4
General Chemistry	5	5	5
Organic Chemistry	4	4	4
General Education/Electives	11	9	8
	34	34	34

*Courses marked (even) or (odd) are taught in alternate years only.
 2011-2012 is even.
 2012-2013 is odd.*