Pacific Union College

Major in Exercise Science, B.S.

KNSL-02

2023-2024

Major Course Requirements

A minimum of 66 hours (at least 35 upper-division hours):

➤***Required Core Courses (60 hours):***

BIOL 101	Human Anatomy	5
BIOL 102	Human Physiology	5
ESAC 370	Lifeguard Training	2
ESTH 166	Career Development in Exercise	3
ESTH 170	Care and Prevention of Athletic Injuries	2
ESTH 265	Theory & Technique of Aquatic Fitness	2
ESTH 287	Theory & Technique of Individual Sports	2
ESTH 371	Biomechanics	4
ESTH 372	Physiology of Exercise	4
ESTH 373	Intro to Adapted Physical Activity	3
ESTH 374	Motor Learning	4
ESTH 378	Fitness Assessment and Exercise Prescription	3
ESTH 381	Theory & Technique of Racquet Sports	2
ESTH 450	Foundations of Sport Psychology	3
ESTH 471	Research Methods in Sports	3
ESTH 383	Theory & Technique of Weight Training and Developmental Physical Education	3
ESTH 490	Ethics in Sports and Exercise	2
ESTH 492	Capstone in Kinesiology	3
ESTH 335	Sport 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 281	Theory & Technique of Track & Field/Softball	3
ESTH 283	Theory & Technique of Flag Football/Soccer	3
ESTH 282	Theory & Technique of Volleyball/Basketball	3

Recommended Cognate Courses:

(For students earning pre-professional degrees)

BIOL 111+112+113	Biological Foundations I,II,III	5+5+5
CHEM 111+112+113	General Chemistry I,II,III	5+5+5
CHEM 371+372+373	Organic Chemistry I,II,III	4+4+4
CHEM 481+482	Biochemistry I,II	4+4
PHYS 111+112+113	General Physics I,II,III	4+4+4
PSYC 121	General Psychology	4
SOCI 121	Introduction to Sociology	4

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:

- Apply the fundamentals of anatomy, kinesiology, physiology, and nutrition as they relate to human performance and in particular within the context of sport.
- Critically analyze and demonstrate an understanding of issues related to safety, injury prevention and treatment, fundamental skill development, and skill adaptations as they relate to the field of human movement and sport.
- Demonstrate an understanding of the principles of health and wellness, ethics in sport, and historical foundations within the field of human movement and sport.

Occupational Information

What can I do with this major?

Students graduating with a major 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 earn an salary between $65,000 and $125,000 although most new graduates might expect to start at a lower amount.

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General Education Requirements

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

How to Construct Your Own Program

1. Consult with your academic 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 Basic Algebra I+II 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

Kinesiology Department
Pacific Union College
One Angwin Avenue
Angwin, CA 94508
(707) 965-6346

Visit our website: www.puc.edu/academics/departments/exercise-science/home

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**
Career Development in Exercise Science	-	3	-
Care & Prevention of Athletic Injuries	-	2	-
College English I,II	4	4	-
Religion Courses	3	-	3
General Education/Electives	4	5	7

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

Second Year	**F**	**W**	**S**
Biological Foundations I,II,III	5	5	5
Human Anatomy	5	-	-
Human Physiology	-	5	-
Health Education	-	-	2
General Education/Electives	5	5	7
(First and Second Years Combined)	30	33	32

Third and Fourth Years	**F**	**W**	**S**
Biomechanics	-	4	-
T & T of Racquet Sports	2	-	-
Research Methods in Sports	3	-	-
Fitness Assessment	-	3	-
Foundations of Sport Psychology (3)	-	-	2
Intro to Adapted Physical Activity	-	-	3
Physiology of Exercise	4	-	-
Motor Learning	-	4	-
Ethics in Sports and Exercise	-	2	-
T & T of Weight Training	-	3	-
Capstone in Kinesiology	-	-	3
Sport Nutrition	-	-	3
Lifeguard Training	-	-	2
General Physics I,II,III	4	4	4
General Chemistry I,II,III	5	5	5
Organic Chemistry I,II,III	4	4	4
Senior Assessment Seminar	-	-	.2
General Education/Electives	10	4	6
	32	33	32.2

* *Courses marked (even) or (odd) are taught in alternate years only. 2023-2024 is even, 2024-2025 is odd.*