

Exercise Science Major Requirements

A minimum of 66 hours (at least 36 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	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:

(To be chosen in consultation with the major advisor)

ESTH 183	Theory & Technique of Track and Field (2)	6
ESTH 260	Theory & Technique of Football (2)	
ESTH 261	Theory & Technique of Volleyball (2)	
ESTH 262	Theory & Technique of Basketball (2)	
ESTH 263	Theory & Technique of Softball (2)	
ESTH 264	Theory & Technique of Soccer (2)	

PUC Campus Requirements

Religion (9 hours)

PUC is a Seventh-day Adventist Christian institution and religion coursework is a foundational part of the curriculum. ADT students must complete 3 religion courses at PUC as follows:

- RELG 105 Biblical Foundations (3 hours)
Note: Students who demonstrate biblical knowledge (by passing a waiver exam or presenting religion coursework from high school) may substitute an elective religion course in place of RELG 105.
- One approved “Studying Scripture” course that explores and critically analyzes biblical texts and themes. (3 hours)
- One approved “Exploring SDA Life and Thought” course that explores and critically analyzes Seventh-day Adventist beliefs and values. (3 hours)

Health & Fitness, Practical & Applied Arts (6 hours)

PUC expects graduates to demonstrate the knowledge, skills, and inclination necessary to sustain a healthy, well-balanced life. Therefore all baccalaureate graduates must complete the following requirements. These courses may be taken at PUC or may be transferred.

- One theory course in the area of nutrition or health education. Minimum 2 quarter hours total.
- Two exercise science activity courses. One must include a significant aerobic activity component. Minimum 2 quarter hours total. *(Met by major)*
- Two practical and applied arts courses, each from a different area. Minimum 2 quarter hours total. Areas include:
 - A. Interpersonal Skills
 - B. Management of Information & Finance
 - C. Outdoor & Survival Skills
 - D. Visual and Performing Arts

Exercise Science at PUC

The Pacific Union College Department of Exercise Science serves the campus community by providing opportunities for career development in sports professions, for instruction, and for participation. Facilities include the fitness center, weight room, gymnasium, pool, tennis courts and athletic fields. PUC has an active intermural program that is popular with students across campus.

The department emphasizes the principles of health and wellness as well as the importance of ethics in sport. A wide variety of suitable activities in and out of the classroom environment are provided to support Christian values. The natural beauty of rural Angwin, combined with excellent academic programs, provides students with exceptional opportunities for learning and for forming new friendships in a Christian college environment.

Graduation Requirements

- A total of 192 quarter hours
- A total of 60 UD quarter hours
- Minimum GPA of 2.0

Taken at Community College

- AA-T in Kinesiology
- Lower-division GE requirements (met by the AA-T)

May be taken at Community College or at PUC

- Health requirement (1 course)
- Fitness requirement (2 courses)
- Practical & Applied Arts requirement (2 courses)

Taken at PUC

- All remaining requirements for the Exercise Science major
- Religion requirement (9 hours)
- GNST 401: Senior Assessment Seminar (0.2 quarter hours)
- Electives as needed for 192 hours/60 UD hours total

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 and electives.
5. Choose a variety of upper-division coursework (300-level and 400-level courses) to achieve 60 total units.

About PUC

Pacific Union College is a fully accredited Christian liberal arts college located in California's Napa Valley. Affiliated with the Seventh-day Adventist Church, PUC offers a broad range of academic programs in a caring Christian environment. PUC is noted for excellence in education, incredible beauty, and student diversity.

PUC Enrollment

Enrollment Services
 Phone: 1-800-862-7080
 Email: enroll@puc.edu
 Website: <http://www.puc.edu/admissions>

Exercise Science Department

Phone: 707-965-6437
 Website: www.puc.edu/academics/departments/exercise-science/home

Sample Program

This program is designed for students who have completed an AA-T in Kinesiology at a California Community College prior to transfer to PUC.

AA-T Kinesiology Major Coursework

A minimum of 30 units of major coursework is completed as part of the AA-T in Kinesiology. These transfer courses typically apply as follows at PUC:

- ~ Intro to Kinesiology (2)
- ~ Career Development in Exercise Science (3)
- ~ Human Anatomy & Physiology (5, 5)
- ~ Exercise Science Activity Courses (1, 1, 1)
- ~ Elective Credit (13)

Exact equivalencies may vary depending on the options chosen for the AA-T degree. A minimum grade of C- is required for any course that is applied to the major.

PUC Coursework

This sample curriculum is designed to show you how a two-year program may be constructed in order to complete the BS in Exercise Science at PUC. The order of the courses may vary, and your list of required courses may be adjusted depending on the transfer courses you completed for your AA-T degree. Your advisor will help you design a personalized program of studies.

Junior Year	F	W	S
T & T of Racquet Sports	2	-	-
T & T of Aquatic Fitness	2	-	-
T & T of Football	2	-	-
Nutrition	3	-	-
Care & Prevention of Athletic Injuries	-	2	-
Kinesiology	-	4	-
Fitness Assessment	-	3	-
T & T of Volleyball or Basketball	-	2	-
Intro to Adapted Physical Activity	-	-	3
T & T of Individual Sports	-	-	2
T & T of Softball, Soccer or Track & Field	-	-	2
Health Education	-	-	2
Upper-Division Electives	4	4	4
General Education/Electives	4	2	4
	17	17	17

Senior Year	F	W	S
Research Methods in Sports	3	-	-
Physiology of Exercise, Motor Learning	4	4	-
Ethics in Sports and Exercise	-	2	-
T & T of Weight Training	-	3	-
Practicum in Sports Science	-	-	3
Foundations of Sports Psychology	-	-	3
Lifeguard Training	-	-	2
Senior Assessment Seminar	-	-	.2
Upper-Division Electives	5	5	4
General Education/Electives	5	4	5
	17	18	17.2