ABOUT THE PROGRAM

The Bachelor of Science in Exercise Physiology combines UHSP’s strengths in anatomy, physiology and basic sciences with the exercise sciences. With a bachelor’s in exercise physiology, you’ll be ready to begin work in a variety of professional settings, including sports and wellness programs, community recreational agencies, hospitals and clinics, and private and corporate agencies.

Set your course toward success in a career helping patients reach their full physical potential.

STUDENT OUTCOMES

In our exercise physiology program, you’ll build the skills you need to succeed, including:

• Describe the roles of exercise science in various career settings, such as exercise physiology, biomechanics, sports psychology, motor behavior, nutrition, athletic training and sports medicine
• Describe the relationship between structure and function of the various body systems as they pertain to exercise and athletics
• Describe human responses and adaptations to exercise as they relate to neuromuscular, metabolic, circulatory and respiratory pathways

In our exercise physiology program, you’ll build the skills you need to succeed, including:

• Athletic Training
• Exercise Physiology
• Personal Training
• Wellness Coaching
• Athletic Management

ADVANCED OPPORTUNITIES

Your undergraduate education can also serve as the foundation for graduate and advanced study fields such as:

• Occupational therapy
• Physical therapy

Visit uhsp.edu/academics to learn more about this and other programs at UHSP.
**PROGRAM OF STUDY**

Below is a sample four-year plan of study for the Bachelor of Science in Exercise Physiology program. Courses and time to complete the program varies based on each student’s interests, course placements, earned credits and academic progress.

<table>
<thead>
<tr>
<th><strong>FIRST YEAR</strong></th>
<th></th>
<th><strong>SECOND YEAR</strong></th>
<th></th>
<th><strong>THIRD YEAR</strong></th>
<th></th>
<th><strong>FOURTH YEAR</strong></th>
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<tbody>
<tr>
<td><strong>Fall Semester</strong></td>
<td>14 credit hrs</td>
<td><strong>Spring Semester</strong></td>
<td>16 credit hrs</td>
<td><strong>Fall Semester</strong></td>
<td>16 credit hrs</td>
<td><strong>Spring Semester</strong></td>
<td>16 credit hrs</td>
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<tr>
<td>Biology for Non-Majors</td>
<td>4 credit hrs</td>
<td>Chemistry for Non-Majors</td>
<td>4 credit hrs</td>
<td>Human Anatomy and Physiology I</td>
<td>4 credit hrs</td>
<td>Human Anatomy and Physiology II</td>
<td>4 credit hrs</td>
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<td>Public Speaking</td>
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<td>Nutrition</td>
<td>3 credit hrs</td>
<td>Care and Prevention of Injuries</td>
<td>3 credit hrs</td>
<td>Introduction to Exercise Science</td>
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<tr>
<td>Pre-Calculus (or elective)</td>
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<td>Statistics</td>
<td>3 credit hrs</td>
<td>Humanities &amp; Fine Arts General Education</td>
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<td>Humanities, Literature or Fine Arts Elective</td>
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<tr>
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<td>Writer as Advocate</td>
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<td>Psychology</td>
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<td>Developmental Psychology</td>
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<td>1 credit hr</td>
<td>Medical Terminology</td>
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<td>Elective</td>
<td>3 credit hrs</td>
<td>Elective</td>
<td>3 credit hrs</td>
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</tbody>
</table>

**TOTAL: 120 CREDIT HOURS**

**NEXT STEPS**

To learn more about our Bachelor of Science in Exercise Physiology or schedule a visit, contact the Office of Admissions at admissions@uhsp.edu or 314.446.8328.