

Exercise Science (BS) - Health And Fitness Concentration

Degree Requirements

General Education Requirements (48 Hours)

Area I - Written Composition (2 Courses, 6 Hours)

- A. 3 hours: EH 101
- B. 3 hours: EH 102

Area II - Humanities & Fine Arts (4 Courses, 12 Hours)

- A. 3 hours: CA 110
- B. 3 hours from: EH 215, EH 216, EH 225, EH 226, EH 235, EH 236
- C. 3 hours from: ARH 100, ARH 103, ARH 123, ARS 101, DRA 110, MUL 101
- D. 3 hours from: AFR 101, ARH 100, ARH 103, ARH 123, ARH 203, ARS 101, CLA 110, DRA 110, EH 215, EH 216, EH 225, EH 226, EH 235, EH 236, LG 101, LG 102, LG 111, LG 112, LG 121, LG 122, LG 131, LG 132, LG 141, LG 142, LG 151, LG 152, LG 153, LG 171, LG 172, LG 173, LG 201, LG 202, LG 211, LG 212, LG 213, LG 221, LG 222, LG 231, LG 232, LG 234, LG 241, LG 242, 251, LG 252, LG 271, LG 272, LG 273, LGS 101, LGS 102, LGS 106, LGS 107, LGS 110, LGS 111, LGS 131, LGS 141, LGS 142, LGS 161, LGS 162, LGS 171, LGS 172, LGS 181, LGS 182, LGS 201, LGS 202, LGS 206, LGS 207, LGS 210, LGS 211, LGS 241, LGS 242, LGS 261, LGS 262, LGS 281, LGS 282, MUL 101, PHL 110, PHL 120, PHL 121, PHL 131, PHL 231, PHL 240, REL 100, REL 200, REL 201

Area III – Natural Sciences & Mathematics (3 Courses & Labs, 11-14 Hours)

- A. 3-4 hours from: MA 110, MA 112, MA 113, MA 115, MA 120, MA 125, MA 126, MA 227, MA 237, MA 238
- B. 8-10 hours from: AN 121 & AN 121L, BLY 101 & BLY 101L or BLY 121 & BLY 121L, BLY 102 & BLY 102L or BLY 122 & BLY 122L, CH 101 & CH 101L, CH 103 & CH 103L, CH 131 & CH 131L, CH 132 & CH 132L, GEO 101 & GEO 101L, GEO 102 & GEO 102L, GY 111 & GY 111L, GY 112 & GY 112L, MAS 134 & MAS 134L, PH 101 & PH 101L, PH 104 & PH 104L, PH 114 & PH 114L, PH 115 & PH 115L, PH 201 & PH 201L, PH 202 & PH 202L

Area IV – History, Social & Behavioral Sciences (4 Courses, 12 Hours)

- A. 3 hours from: HY 101, HY 102, HY 121, HY 122, HY 135, HY 136
- B. 9 hours from: AN 100, AN 101, CA 100, CA 101, CJ 105, ECO 215, ECO 216, GEO 114, GEO 115, HY 101, HY 102, HY 135, HY 136, IS 100, IST 201, NAS 101, PSC 130, PSY 120, PSY 250, SY 109, SY 112

Area V (7 Hours)

- A. 1 hour: PE 102
- B. 3 hours from: PE 101 - 157 (No Repeats)
- C. 3 hours from: CIS 150, EDM 310, elective with passing Computer Proficiency Exam – CIS 010

Students must complete a 6 credit hour sequence either in literature (Area II – EH 215 & EH 216, EH 225 & EH 226, or EH 235 & EH 236) or history (Area IV – HY 101 & HY 102 or HY 135 & HY 135)

All undergraduates must complete two designated writing credit (W) courses, at least one of which must be in the student's major or minor.

Major Requirements (72 Hours)

Exercise Science Major Core (15 Courses, 43 Hours)

- A. 37 hours: HS 170, KIN 263, KIN 363, KIN 100, KIN 278, KIN 282, KIN 380, KIN 474, KIN 476, **KIN 479, KIN 480**, KIN 484, **KIN 486**
- B. 3 hours from: **KIN 381**, ST 210
- C. 3 hours from: KIN 475, **SM 472**

Health And Fitness Concentration (7 Courses, 29 Hours)

- A. 26 hours: BMD 251, BMD 252, HS 262, KIN 201, KIN 370, **KIN 495**
- B. 3 hours from: 300-499 Elective from HS, KIN, PSY, RTH, SM

Minor Requirements (0 Hours)

A minor is not required for this degree program.

Notes:

* Recommended Course

Courses in BOLD require admission to Candidacy as a prerequisite

Additional Information

Candidacy

This major contains a set of upper level courses that are only available to students who have gained admission to Candidacy. To be considered for admission to Candidacy, students must meet the following requirements.

- Courses: BMD 251, CA 110, EH 101, EH 102, HS 170 KIN 100, KIN 282
- Hours: 60 credit hours of degree requirements completed
- Minimum Grade Point Averages: 2.20 Major GPA, 2.20 USA GPA

Students should complete a Candidacy application in the CEPS Advising Center (UCOM 3360) the semester before they plan to enroll in Candidacy classes. The advisor, department chairperson, and dean review applications and make the decision to approve, defer, or deny admission. The decision to defer occurs when requirements are in progress at the time of application and reviewers select to defer with approval pending completion of requirements.

- Courses in Candidacy: HS 363 (W), KIN 381, SM 472 (W), KIN 479, KIN 480, KIN 486, KIN 495

Graduation Plan

Exercise Science (BS) : Health And Fitness Concentration (120 Total Hours)

The Graduation Plan is an example of course progression. Individual student plans may vary. Students should consult with an academic advisor to create a personalized plan.

Enrollment in this program does not assure admission to the professional component. See Additional Information in Degree Requirements.

First Year - Fall Semester

Course ID	Course Description	Hours
CA 110 (CP)	Public Speaking	3
EH 101 (CP)	English Composition I	3

Math	**Area III, A	3
Science	**Area III, B	3
Science Lab	**Area III, B	1
KIN 100 (CP)	Concepts of Health & Fitness	3
Total Hours		16

First Year - Spring Semester

Course ID	Course Description	Hours
EH 102 (CP)	English Composition II	3
Fine Arts	**Area II, C	3
KIN 201	Orientation to Health & PE	3
Science	**Area III, B	3
Science Lab	**Area III, B	1
Social & Behavioral Sciences	**Area IV, B	3
Total Hours		16

Second Year - Fall Semester

Course ID	Course Description	Hours
BMD 251 (CP)	Human Anatomy & Physiology I	4
HS 170 (CP)	First Aid	1
HS 262	Personal Health	3
History	**Area IV, A	3
PE 101-157	PE Activity Course	1
Social & Behavioral Sciences	**Area IV, B	3
Total Hours		15

Second Year - Spring Semester

Course ID	Course Description	Hours
BMD 252	Human Anatomy & Physiology II	4
KIN 263	Intro to Nutrition	3
KIN 282 (CP)	Intro to Athletic Training	3
Literature	**Area II, B	3
* PSY 120	Introduction to Psychology (**Area IV, B)	3
Total Hours		16

Third Year - Fall Semester

Course ID	Course Description	Hours
CIS / Elective	**Area V, C	3
Humanities & Fine Arts	**Area II, D	3
KIN 370	Basic Motor Learning	3
KIN 278	Sport & Human Behavior	3
KIN 380	Kinesiology	3
PE 102	Weight Training	1
Total Hours		16

Third Year - Spring Semester

Course ID	Course Description	Hours
Elective 300-499	**Health & Fitness Concentration, B	3
KIN 381 or ST 210	**Exercise Science Major Core, B	3
KIN 474	Sport & Fitness Conditioning	3
KIN 475 (W) or SM 472 (W)	**Exercise Science Major Core, C	3
KIN 476	Physiology of Exercise	3
PE 101-157	PE Activity Course	1
Total Hours		16

Fourth Year - Fall Semester

Course ID	Course Description	Hours
KIN 484	Applications in Sport Conditioning	3
KIN 363 (W)	Sports Nutrition	3
KIN 479	Fitness Assessment	3
KIN 495	Internship	3
PE 101-157	PE Activity Course	1
Total Hours		13

Fourth Year - Spring Semester

Course ID	Course Description	Hours
KIN 495	Internship	6
KIN 480	Therapeutic Exercise	3
KIN 486	Advanced Exercise Physiology	3
Total Hours		12

Notes

* Recommended Course

** See Degree Requirements

(CP) Candidacy Prerequisite

(W) Writing-Intensive Course

BOLD courses require admission to Candidacy

Many courses in the Health, Kinesiology, and Sport Department (HS, KIN, LS, PE) are also offered in the Maymester and Summer Semesters.

Department Information

Department of Health, Kinesiology, and Sport	(251) 460-7131
Chair	Neil A. Schwarz
Professors	Holden, Kovaleski
Associate Professors	Broach, Forester, Hudson, Keshock, Schwarz
Assistant Professor	Colquhoun, Hauff, Keller, Parkes, Stratton, Woltring
Senior Instructors	Anastasio, Palombo
Instructors	Botsis, Montgomery

Department of Health, Kinesiology, and Sport website
<http://www.southalabama.edu/colleges/ceps/hks>

The Department of Health, Kinesiology, and Sport offers state and nationally accredited undergraduate programs of study in Physical Education (P-12), Health Education (6-12), and a combined Health (6-12) and Physical Education (P-12) program that lead to Alabama Class B Educator Preparation and Certification. Graduate programs of study are offered in Physical Education (P-12) and Health Education (6-12) that lead to Alabama Class A Educator Preparation and Certification.

The Department offers totally on-line graduate programs in Sport Management and Health Promotion. Undergraduate and graduate programs are available in Exercise Science and Health Promotion. Undergraduate programs are offered in Recreational Therapy and Sport Management and Recreation Studies with concentrations in Sport Administration or Coaching Administration.

The Department also provides a physical activity instructional program for all university students through courses in physical fitness, lifetime sports, dance, and martial arts. An undergraduate Coaching Certificate program is also offered by the department as well as minors in Sport Management and Recreational Studies and Health and Wellness.

Undergraduate

Requirements For Admission To Candidacy In Teacher-certification Programs (HS And PE)

All students must apply in the Advising Center (UCOM 3360), for admission to teacher candidacy. This is normally done during the final semester of the sophomore year or first semester of the junior year. All previously listed requirements of the University and College must be met prior to application.

Teacher Candidacy Admission Requirements for Physical Education (P-12) & Health (6-12) majors, & merged Health (6-12) and Physical Education (P-12).

Hours:

60 semester hours (48 must be in General Education). A minimum of 12 semester hours must be taken at USA.

GPA Requirements:

- 2.5 Minimum Overall USA GPA (All work attempted at USA).

- 2.5 Minimum Program GPA (All courses used on this Advising Sheet, including transfer work).
- 2.5 Minimum Professional Studies GPA (All courses used in the Professional Studies area, including transfer work).
- 2.5 Minimum Teaching Field GPA (All courses used in the Teaching Field, including transfer work).
- No grade below a "C" will be accepted in Professional Studies courses.

Course Requirements:

- Course requirements for PE P-12 Majors: CA 110, EH 101, EH 102, BMD 114 or BMD 110 or BMD 251, EDM 310, EDU 400, EPY 351, KIN 100, KIN 201, and KIN 166.
- Course requirements for merged Health (6-12) and Physical Education (P-12): CA 110, EH 101, EH 102, BMD 110, BMD 114 or BMD 251, EDM 310, EDU 400, EPY 351, KIN 100, KIN 201, HS 262, HS 263
- Course requirements for Health 6-12 Majors: CA 110, EH 101, EH 102, BMD 114, EDM 310, EDU 400, EPY 351, KIN 100, KIN 201, HS 170, HS 262, and KIN 263.

Other Requirements:

- Proof of clear SDE fingerprinting/background check and professional liability insurance.
- Completion of the Dispositions Survey and a signed teacher Candidacy application form.
- Completion of a satisfactory departmental interview with your assigned advisor. Recommendation of advisor, department chairperson and approval of the Candidacy Committee.
- Sufficient physical ability and emotional stability to perform as a teacher.

Application/Admission Information:

- Candidacy applications are due the semester in which the student completes all candidacy requirements. The intent is for students to apply for Candidacy AND meet with their content area advisor prior to registration to enable appropriate planning decisions for upcoming semesters.
- Apply for Candidacy in the Advising Center (UCOM 3360).
- The College of Education and Professional Studies Candidacy Committee may recommend, defer or deny admission to the program.

Admission to Candidacy will remain deferred until all requirements have been met and grades are submitted at the end of the term. Once grades are available and all requirements are met, the Office of Student Services will notify students via their official JAG e-mail account when they have been admitted to Candidacy. Students will then be able to register for Candidacy courses.

Requirements For Admission To Candidacy Non-teacher-certification Programs

All students must apply for admission to a program during the semester immediately following the completion of 60 semester hours of credit provided they meet the requirements listed below. Courses in progress during the semester the student makes application for candidacy may be used in the candidacy application process.

Admission to a non-teacher certification program requires that

1. The student:
 - a. declare a specialization
 - b. take any necessary tests
 - c. submit to any needed evaluations
 - d. be available for necessary interviews
2. The student's application receives approval from the advisor and departmental chair. The application must be submitted to the College of Education and Professional Studies Advising Center by the second week of the semester in which the student is eligible to be admitted.
3. The student's application receives approval from the Undergraduate Candidacy Committee
4. The student's application receives the approval of the Dean or Associate Dean, College of Education and Professional Studies

Candidacy requirements are summarized on Departmental Advising Sheets.

The following are the criteria to be considered by the Undergraduate Candidacy Committee:

1. Completion of 60 semester hours of course work, 48 of which must be in General Studies.
2. A minimum overall grade-point average of 2.2 in the major/specialization (including transfer work) and a grade-point average of 2.2 on all work attempted at the University of South Alabama.

3. Sufficient physical ability and emotional stability to perform successfully as a professional. These and other factors could be determined in a departmental interview.
4. Recommendation of the advisor and department chair.
5. Completion of any departmental prerequisite courses.
6. Health majors must complete EH 101, EH 102; KIN 100, KIN 201; HS 170, HS 262, KIN 263; BMD 110, or BMD 114, or BMD 251 and BMD 111, or BMD 115, or BMD 252; CA 110, and any departmental prerequisite courses, in addition to the above.
7. Recreational Therapy majors and Sport Management and Recreation Studies majors must complete EH 101, EH 102; SM 191, RTH 292, SM 391, CA 110 and any departmental prerequisite courses, in addition to the above.
8. Exercise Science majors must complete EH 101, EH 102; KIN 100, KIN 282; HS 170, BMD 114 or BMD 251, or (BMD 110, Only for Health-Fitness Concentration), CA 110, and any departmental prerequisite courses, in addition to the above.

The Undergraduate Candidacy Committee may recommend the admission of the student to the program, defer admission, or reject the student's application.

Internships In Non-teaching (NTC) Programs (Exercise Science, Health, Recreational Therapy, Sport Management And Recreation Studies)

Students enrolled in one of the following NTC Majors: Exercise Science, Health Promotion, Recreational Therapy, or Sport Management and Recreation Studies, must be admitted to candidacy in their program and attain senior status prior to enrollment in an internship. All internships must be completed at departmentally approved sites, and must be planned and approved at least one full semester in advance of the experience. No other academic courses may be taken during the internship without permission of the academic advisor. Health, and Exercise Science students enroll in KIN 495, Recreational Therapy students enroll in RTH 495, and Sport Management and Recreation Studies students enroll in SM 495. See advisor for details and internship planning.

Graduate

The Department of Health, Kinesiology, and Sport offers:

I. The Master of Education degree with specializations in:

- Physical Education, Teacher Certification
- Health Education, Teacher Certification

These programs are planned to lead to Alabama Class A Teacher Certification. An Alabama Class B certificate or the equivalent is required for students seeking the Master's level (Class A) certification.

II. The Master of Science degree in:

- Exercise Science
- Health Promotion (Fully Online Program)
- Sport Management (Fully Online Program)