

Exercise Science (BS) - Health And Fitness Concentration

Degree Requirements

Exercise Science (BS) - Health and Fitness Concentration

General Studies Component

See Department advising sheets for specific requirements and suggestions.

Requirements for Exercise Science Health Fitness Concentration:

BMD 110 or BMD 251

BMD 111 or BMD 252

HS 170

HS 262

HS 263

Advisor Approval 300-499 Elective (HS, KIN, or LS)

HS 363

KIN 100

KIN 201

KIN 278

KIN 282

KIN 370

KIN 380

KIN 381 or ST 210

KIN 474

KIN 475 or LS 472

KIN 476

KIN 479

KIN 480

KIN 484

KIN 486

KIN 495

PE 102 and three (3) different one-hour PE activities

USA computer proficiency requirement

Students who are interested in a career at the baccalaureate level as an exercise professional may choose the Health and Fitness Concentration that provides the knowledge and the learning of practical and applied skills related to pre-participation health screenings, conducting and interpreting physical fitness assessments, developing exercise prescriptions, conducting

exercise, and applying behavioral and motivational strategies for participants. The Exercise Science major is recognized by the National Strength and Conditioning Program as an NSCA Education Recognition Program (ERP).

Graduation Plan

4-Year Progression Exercise Science: Health And Fitness

First Year		Credit Hours
Fall Semester		16
*EH 101 English Comp I (I)	3 hrs	
*CA 110 Public Speaking (II)	3 hrs	
*KIN 100 Concepts of Health & Fitness	3 hrs	
MA 110 or Higher (III)	3 hrs	
BLY 101 or 121 ^{PR} or CH 101 or 131 ^{PR} (III)	4 hrs	
Spring Semester		16
Fine Art (II)	3 hrs	
*EH 102 English Comp II ^{PR} (I)	3 hrs	
KIN 201 Orientation to Health & PE	3 hrs	
Science + Lab (III)	4 hrs	
Social Science Elective (IV)	3 hrs	
Second Year		Credit Hours
Fall Semester		15
*BMD 110 or BMD 251 A&P I ^{PR}	4 hrs	
*HS 170 First Aid	1 hr	
HS 262 Personal Health	3 hrs	
History (IV)	3 hrs	
History/Social Science Elective (IV)	3 hrs	
PE 101-157 PE Activity Course (V)	1 hr	
Spring Semester		16
BMD 111 or BMD 252 A&P II ^{PR}	4 hrs	
*KIN 282 Intro to Athletic Training	3 hrs	

HS 263 Nutrition and Hunger	3 hrs
Literature ^{PR} (II)	3 hrs
Social Science: PSY 120 Recommended (IV)	3 hrs
<i>Apply for Candidacy</i>	

Third Year		Credit Hours
Fall Semester		16
CIS 150 Intro to Comp/Elective or EDM 310	3 hrs	
Literature ^{PR} /Fine Art Elective (II)	3 hrs	
PE 102 Weight Training	1 hr	
KIN 370 Basic Motor Learning	3 hrs	
KIN 278 Sport & Human Behavior	3 hrs	
KIN 380 Kinesiology ^{PR}	3 hrs	
Spring Semester		16
KIN 381 Eval & Measurement or ST 210	3 hrs	
Advisor Approved 300-400 level Elective	3 hrs	
KIN 474 Sport & Fitness Conditioning ^{PR}	3 hrs	
KIN 475 Org and Admin (W) or LS 472 Legal Issues (W)	3 hrs	
KIN 476 Physiology of Exercise ^{PR}	3 hrs	
PE 101-157 Activity Course (V)	1 hr	

Fourth Year		Credit Hours
Fall Semester		13
KIN 484 Applications in Sport Conditioning ^{PR}	3 hrs	
HS 363 Sports Nutrition (W) ^{PR}	3 hrs	
KIN 479 Fitness Assessment ^{PR}	3 hrs	
KIN 495 Internship (3)	3 hrs	
PE 101-157 Activity Course (V)	1 hr	
<i>Apply for Graduation</i>		
Spring Semester		12
KIN 495 Internship (6)	6 hrs	
KIN 480 Therapeutic Exercise	3 hrs	

**KIN 486 Advanced Exercise
Physiology^{PR}**

3 hrs

Key

^{PR} = Prerequisite course required

* = Prerequisite for Candidacy

Courses in **BOLD** indicate Candidacy required

(I)-(V) = General Education Area

(W) = Courses that satisfy USA writing requirement

Note: 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 Faculty

(251) 460-7131

Chair

Holden

Professors

Kovaleski

Associate Professors

Broach, Forester, Holden, Keshock

Assistant Professor

Colquhoun, Hauff, Hudson, McKinley-Barnard, Parkes,
Schwarz, Woltring

Senior Instructors

Anastasio, Barter, Palombo

Instructor

Botsis, Montgomery

[Department of Health, Kinesiology, and Sport website](http://www.southalabama.edu/colleges/ceps/hks)
<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 a totally on-line graduate program in Sport Management. Undergraduate and graduate programs are available in Exercise Science and Health. An undergraduate major is offered in Leisure Studies with concentrations in Sport and Recreation Management and Therapeutic Recreation. 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.

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:

- 2.75 Minimum Overall GPA (All work attempted at USA).
- 2.75 Minimum Program GPA (All courses used on this Advising Sheet, including transfer work).
- 2.75 Minimum Professional Studies GPA (All courses used in the Professional Studies area, including transfer work).
- 2.75 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, 114 or 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 HS 263.

Test Requirements:

- Satisfactory performance on Core Academic Skills for Educators tests of mathematics, reading, and writing. If passed prior to 9/1/2017, the AECTP basic skills tests are acceptable until 9/1/2022.

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, HS 263; BMD 110, or 114, or 251 and BMD 111, or 115, or 252; CA 110, and any departmental prerequisite courses, in addition to the above.
7. Leisure Studies majors must complete EH 101, EH 102; LS 191, LS 292, LS 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 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, Leisure Studies)

Students enrolled in one of the following NTC Majors: Exercise Science, Health, or Leisure 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 Department Chairperson and academic advisor. Health, and Exercise Science students enroll in KIN 495 and Leisure Studies students enroll in LS 498. 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
- Sport Management (Fully Online Program)