



EXERCISE SCIENCE PROGRAM *College of Allied Health & Nursing*

WHAT DEGREE IS OFFERED?

Students majoring in Exercise Science can attain a Bachelor of Science degree with a General Exercise Science Emphasis or a Practitioner Emphasis. The Practitioner Emphasis is designed to fulfill many prerequisites for other allied health careers that require postgraduate study.

YOUR FUTURE WITH EXERCISE SCIENCE

The Exercise Science Program at Minnesota State University, Mankato provides opportunities for students to satisfactorily achieve the standards and competencies outlined by the Committee on Accreditation for the Exercise Sciences (CoAES). The program framework is designed to prepare students to become certified by the American College of Sports Medicine as a Certified Exercise Physiologist (ACSM EP) or by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (NSCA CSCS).

The overarching goal of the program is to prepare competent entry-level Exercise Science professionals in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains. The program curriculum is aimed to prepare students for positions in commercial, community, corporate, and/or clinical settings. Furthermore, the program provides students a strong foundation to prepare for graduate education in exercise physiology, cardiac rehabilitation, physical therapy, occupational therapy, athletic training, chiropractic, sports nutrition, and other allied health disciplines.

WHAT MAKES OUR PROGRAM DISTINCTIVE?

The program is an evidence and science based undergraduate award completion program that focuses on the study of the acute and chronic physiological responses to physical activity and exercise. The curriculum follows a structured progression of classes for students to learn how exercise positively affects the human body across the lifespan. The program prepares students to assess components of health-related and skill-related physical fitness. Furthermore, the program prepares students to develop evidence and science-based physical activity and exercise training programs that promote active lifestyles, facilitate recovery, reduce injury risk, and improve human performance.

The program utilizes the Dr. Viola Holbrook Exercise Physiology Center to provide immersive laboratory experiences to educate students on the assessment and prescription of health-related and skill-related physical fitness.

Involvement

Students have opportunities for a variety of experiences outside of the classroom. There are two student clubs in the major. The Pre-Physical Therapy/Occupational Therapy Club meets to discuss applications and volunteer opportunities. The Exercise is Medicine On Campus Club promotes health through community and University events. Each year, faculty and students attend the Regional Northland Chapter and the National American College of Sports Medicine conferences. Our students routinely present research at professional venues including local and national undergraduate conferences.

Course assignments aim to take our students out of the classroom and into the field. Community and volunteer experiences provide valuable insight into career opportunities in the discipline. These experiences, combined with the curriculum and research, balance classroom education with real-world applications.

RESEARCH

Dr. Viola Holbrook Exercise Physiology Center houses research and clinical equipment which allows for innovative research to be conducted by our faculty and students. The Exercise Science program works closely with the Undergraduate Research Center where options for funding support is available for undergraduate research projects. Our students often present their research at the MSU Undergraduate Research Symposium, Northland ACSM, and Regional AASP.

FOR MORE INFORMATION PLEASE CONTACT

Department of Human Performance

Minnesota State University, Mankato
1400 Highland Center
Mankato, MN 56001

Phone

507-389-6313
800-627-3529 or 711 (MRS/TTY)

Fax

507-389-5618

Website

<https://ahn.mnsu.edu/academic-programs/exercise-science/>

You are encouraged to visit the campus.

To arrange for a visit, please call:

Office of Admissions: 507-389-1822

Toll-Free: 800-722-0544

SAMPLE FOUR-YEAR CURRICULUM (EXERCISE SCIENCE, BS)

First Year (Fall)	First Year (Spring)
ENG 101 Foundations of Writing (4) CIS 100 Intro. to Computing and App (4) FCS 140 Foundations of Nutrition (3) MATH 112 College Algebra (4)	BIOL 220 Human Anatomy (4) HP 160 Intro to Human Performance OR HP 265 (2) General Education Goal Area 1B (3) General Education Goal Area 5 (3) HP 291 Concepts of Fitness (2) Major Restricted Elective (1)
Second Year (Fall)	Second Year (Spring)
Major Restricted Elective (1) CHEM 111 Chemistry of Life (5) HP 290 Psych-Social Aspect of Sport (3) General Education Goal Area 5 (3) General Education Goal Area 6 (3)	BIOL 330 Human Physiology (4) General Education Goal Area 6 (3) General Education Goal Area 7 (3) General Education Goal Area 10 (3) HLTH 210 Unrestricted Elective (3)
Third Year (Fall)	Third Year (Spring)
HP 314 Physiology of Exercise (3) HP 392 Group Exercise Introduction (3) HP 465 Legal Aspects of Sport (3) 3/400 Unrestricted Elective (3) Diverse Cultures Electives (3)	HP 348/363 (3) HP 466 Graded Exercise Testing & Prescription (3) HP 315W Research Methods (3) Elective (or Grad Pre-req.) Elective (or Grad Pre-req.)
Fourth Year (Fall)	Fourth Year (Spring)
HP 456/431 (2) HP/HLTH 477 Behavior Change Strategies (3) 3/400 Unrestricted Elective (3) Unrestricted Elective (3) Writing Intensive Course (3)	HP 439 Sports Nutrition (3) HP 486 Small Group (3) HP 487 Applied Exercise (3) 3/400 Unrestricted Elective (3) 3/400 Elective (if needed) (3)

For additional information about course requirements, please visit <http://www.mnsu.edu/supersite/academics/bulletins/>

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