

# LaGrange College Course Catalog - Exercise Science

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## LaGrange College

### Course Catalog - Exercise Science

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#### **B.S. in Exercise Science with Allied Health Concentration - B.S. in Exercise Science with Allied Health Concentration**

**Type:**Major

#### **Declaration of Major**

Before declaring a major in Exercise Science, students must successfully complete Anatomy and Physiology (BIOL 2148 and 2149 with labs) with a C- or better. Students must declare their major or minor in Exercise Science before taking 4000 level courses.

#### **Exercise Science General Education Courses**

In addition to completing the Ethos requirements, students pursuing a major in Exercise Science must complete the following courses regardless of concentration within the major (i.e. Allied Health or Sport and Human Performance).

Sem. Hrs.

46 CORE requirements or 44 ETHOS requirements

(8) BIOL2148 and 2149 and Labs

\*(part of the CORE and ETHOS curriculum)

3 MATH 1114 Statistics

3 EXCS 2000 Intro to Exercise Science

3 EXCS 3305 Sports Psychology

4 EXCS 3352/L Physiology of Exercise and Lab

3 EXCS 3354 Applied Exercise Anatomy

3 EXCS 3360 Motor Learning and Control

3 EXCS 4310 Biomechanics

4 EXCS 4320/L Exercise Prescription and Lab

3 EXCS 4325 Exercise and Sports Nutrition

3 EXCS 4360 Research in Exercise Science

2 EXCS 4380 Senior Seminar

3 EXCS 4400 Academic Internship

37 Semester Hours (in addition to the CORE or ETHOS curriculum)

## **Allied Health Concentration**

The Allied Health concentration is designed to prepare students for post-professional school in physical therapy, occupational therapy, physician assistant, and chiropractic, among others. With their academic advisor, students will create a specialized course plan designed to best prepare students and meet all of the pre-requisite coursework for a given pre-professional school in the allied health field of their choosing. Students in this concentration must pass all three of the courses listed below with minimum grade of "C-". Due to the diverse prerequisite requirements of many post-professional programs, students will need to complete additional coursework prior to completing the application process. Students are responsible for identifying the prerequisite requirements for each post-professional program to which they intend to apply. An academic advisor will be available to assist students in successfully completing this process.

4 CHEM1101/L General Chemistry I

4 CHEM 1102/L General Chemistry II

4 BIOL 1107/L Principles of Biology I

49 Major Hours (37 Exercise Science core + 12 Allied Health electives)

General Education Requirements	46 Hours (CORE) or 44 Hours (ETHOS)
Interim	9 Hours
Exercise Science Core	37 Hours
Allied Health Electives	12 Hours
General Electives	<u>16 Hours</u>
Total	120 Hours

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## **B.S. in Exercise Science with Sport and Human Performance Concentration - B.S. in Exercise Science with Sport and Human Performance Concentration**

**Type:**Major

### **Declaration of Major**

Before declaring a major in Exercise Science, students must successfully complete Anatomy and Physiology (BIOL 2148 and 2149 with labs) with a C- or better. Students must declare their major or minor in Exercise Science before taking 4000 level courses.

### **Exercise Science General Education Courses**

In addition to completing the Ethos requirements, students pursuing a major in Exercise Science must complete the following courses regardless of concentration within the major (i.e. Allied Health or Sport and Human Performance).

#### Sem. Hrs.

46 CORE requirements or 44 ETHOS requirements

(8) BIOL2148 and 2149 and Labs

\*(part of the CORE and ETHOS curriculum)

- 3 MATH 1114 Statistics
- 3 EXCS 2000 Intro to Exercise Science
- 3 EXCS 3305 Sports Psychology
- 4 EXCS 3352/L Physiology of Exercise and Lab
- 3 EXCS 3354 Applied Exercise Anatomy
- 3 EXCS 3360 Motor Learning and Control
- 3 EXCS 4310 Biomechanics
- 4 EXCS 4320/L Exercise Prescription and Lab
- 3 EXCS 4325 Exercise and Sports Nutrition

- 3 EXCS 4360 Research in Exercise Science
- 2 EXCS 4380 Senior Seminar
- 3 EXCS 4400 Academic Internship
- 37 Semester Hours (in addition to the CORE or ETHOS curriculum)

## **Sport and Human Performance**

The Sport and Human Performance concentration is designed to prepare students for careers in coaching and the fitness/health industry. These courses are designed to apply theories and concepts in Exercise Science as they pertain to Sport and Human Performance practitioners. Students in this concentration must pass all three of the courses listed below with minimum grade of "C-". Students in the Allied Health concentration are also eligible and free to take any of these courses.

- 3 EXCS 4311 Principles of Strength and Conditioning
- 3 EXCS 4312 Theory and Principles of Athletic Conditioning
- 2 EXCS 4330 Techniques in Human Performance Assessment

45 Major Hours (37 Exercise Science core + 8 Sport and Human Performance electives)

### *Optional Exercise Science Elective Courses*

- 3 CHEM 1005 Survey of Chemistry (or CHEM 1101/L)
- 3 EXCS 1154 First Aid: Responding to Emergencies
- 3 EXCS 2311 Survey of Strength & Conditioning
- 3 EXCS 2331 Personal Health Issues
- 3 EXCS 3310 Coaching Theory & Methods
- 3 EXCS 3332 Prevention and Care of Athletic Injuries

### *Optional non-Exercise Science elective courses*

- 3 MGMT 2200 Foundations of Business
- 3 MGMT 3360 Sport Management
- 3 PSYC 3358 Psychology of Aging
- 3 SOCI 2200 Sociology of Sport

General Education Requirements      46 Hours (CORE) or 44 Hours ETHOS  
Interim    9 Hours

Exercise Science Core	37 Hours
S&H Performance Electives	8 Hours
General Electives	<u>20 Hours</u>
Total	120 Hours

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## Minor in Exercise Science - Minor in Exercise Science

### Type: Minor

Before declaring a minor in Exercise Science, students must successfully complete Anatomy and Physiology (BIOL 2148 and 2149 with labs) with a C- or better. In addition to the laboratory science requirement of the Core Curriculum, students pursuing a minor in Exercise Science are required to take five (5) additional EXCS courses. The following four (4) Exercise Science core courses are required for the minor:

- EXCS 3352/L,
- EXCS 3354,
- EXCS 3360, and
- EXCS 4310.

The remaining course can be any of the upper-level Exercise Science courses (3000 or 4000 level courses), however, EXCS 3305, 3313, 3333, 3334, and 4400 do not satisfy this requirement. This represents 16-17 credit hours of coursework in addition to the Core Curriculum (24-25 total credit hours).

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### LaGrange College

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