

Exercise Science Major

Exercise Science Mission:

The mission of the Exercise Science program at Missouri Valley College is to develop entry-level professionals who can assess, interpret, prescribe, intervene, and manage health and fitness in individuals across the lifespan and promote positive lifestyle changes through basic interventions and referrals. The program is also designed to prepare students for appropriate professional organization certification exams and for post-graduate study in Exercise Science or related disciplines.

Learning Outcomes:

- Evaluate a facility and generate an administration plan that comprehensively manages the human and resource capital safely and economically.
- Create and conduct fitness and health testing before interpreting and using the results to educate clients and develop fitness programs for varied populations.
- Identify, develop, and implement injury prevention strategies and screenings to fitness testing and exercise programming.
- Demonstrate how to locate, interpret, evaluate, and use professional literature evidence based practice decisions.
- Communicate the results of evidence based literature searches and research to an audience.

Major assessment: Senior Exercise Science student must complete the in-house Exercise Science Assessment Examination.

Program: Exercise Science

Type: Major

Major Requirements

BI275, EX100, EX230, EX245, EX307, EX320, EX334, EX335, EX359, EX385, EX400, EX485, MA200, PE233, PE240, PE300, PE333

Item #	Title	Hours
BI 275	Human Anatomy and Physiology I	4
EX 100	Introduction to Exercise Science.	2
EX 230	Prevention and Treatment of Athletic Injuries.	3
EX 245	Personal Health and Conditioning	2
EX 307	Theories of Strength and Conditioning	3
EX 320	Health and Fitness Testing	3
EX 334	Kinesiology	3
EX 335	Exercise Physiology	3
EX 359	Community Health	2
EX 385	Human Nutrition	3
EX 400	Health Promotion and Exercise Prescription	3
EX 485	Senior Seminar	2
MA 200	Introduction to Statistics	3
PE 233	First Aid/C.P.R.	2
PE 240	Motor/Perceptual Motor Development	3
PE 300	Organization and Administration of Physical Education/Athletic Program	2
PE 333	Psychology and Sociology of Sports	3
	Total credits:	45