

## B.S. in Sport and Exercise Science

### Program Description

The Bachelor of Science in Sport and Exercise Science prepares individuals for positions in physical activity and fitness settings. These areas typically include but are not limited to coaching, directing fitness activities, administering youth and senior activity programs, and serving special needs populations. The core program emphasizes the development of the knowledge, skills and dispositions of students to succeed in physical activity and exercise settings that are non-school based. Program electives allow students to pursue and develop other areas of interest. *(NOTE: This program does not result in teacher certification.)*

### Admission Requirements & Application

1. A minimum lower-division GPA of 2.0 or better on a 4.0 scale
2. Successful completion of 60 credit hours of lower-division coursework or an AA degree from an accredited institution
3. University Core Curriculum/General Education must be complete

Course:		Credit Hours:
<b>Common pre-requisite courses: (27 - 28 credits)</b>		
SPC2608	Public Speaking	3
BSC2085/L	Anatomy & Physiology I <b>and</b> lab	3, 1
BSC2086/L	Anatomy & Physiology II <b>and</b> lab	3, 1
PSY2012 <b>or</b> SOP3004	Intro to Psych <b>or</b> Intro to Social Psych	3
MAC1105/MAC1140/MAC1147/MAC2311	Math	3 or 4
STA#### <b>or</b> MAC1147	Statistics <b>or</b> Algebra	3 or 4
HSC2100 <b>or</b> HUN2201 <b>or</b> HUN3122	Nutrition	3
CHM1045/L	General Chemistry I <b>and</b> lab	3, 1

### Program of Study

The program of studies is as follows:

- Total credits:120
  - Lower-division credits: 60, upper-division credits: 48, upper or lower division credits: 12
- All program courses must be completed with a minimum grade of "C"

Course:		Credit Hours:
<b>Required core courses: (42 credits)</b>		
APK 3004	Introduction to Kinesiology <i>(should be taken in the 1<sup>st</sup> semester)</i>	3
APK 3103	Kinetic Anatomy	3
APK 3110	Exercise Physiology I	3
APK 4141	Applied Biomechanics for Sport and Exercise Science <i>(pre- or co-requisite: APK3103)</i>	3
APK 4112	Exercise Physiology II <i>(pre-requisite: APK3110)</i>	3
APK 4200	Motor Development	3
APK 4615	Scientific Foundations of Resistance and Cardiovascular Training <i>(pre-requisites: APK3103, APK3110, APK4141)</i>	3
APK 4125	Fitness Assessment and Exercise Prescription	3
APK 4137	Laboratory Assessments in Exercise Physiology	3
APK 4613	Concepts in Strength and Conditioning	3
APK 4304	Prevention and Care of Athletic Injuries	3
APK 4163	Nutrition for Sport and Exercise Science	3
APK 4400	Sport Psychology	3
APK 4940	Practicum in Kinesiology <i>(133 hour internship component - must be taken in</i>	3

	<i>the final semester with no more than 12 additional credits - permission to enroll granted by internship coordinator)</i>	
<b>Required program electives:(6 credits)</b> Select any 2 of the courses listed below		6
APK 4050 – Research and Evaluation in Kinesiology	APK 4617 – Principles of Strength and Conditioning ( <i>pre- or co-requisites: BSPE or BSSES programs, APK4615</i> )	
APK 4136 – Exercise Programming	PEO 4001 – Principles and Practices of Coaching	
APK 4413 – Exercise Psychophysiology	PET 4251 – Sociology of Sport	
APK 4616 – Comprehensive Conditioning of Elite Athletes ( <i>pre-requisites: APK4141 and APK4615</i> )	PET 4401 – Administration of Fitness Operations	
<b>Advisor approved electives:(12 credits)</b> 6 credits must be used for Global Learning		12

### **Graduation Requirements**

- 1) FIU cumulative GPA of 2.0 or better on a 4.0 scale
- 2) University Foreign Language (FLENT/FLEX) and Global Learning requirements must be met
- 3) University Summer Enrollment Requirement must be met
- 4) All program and University requirements must be met

**For more information** on our programs go to [http://education.fiu.edu/bachelors\\_degrees.html](http://education.fiu.edu/bachelors_degrees.html). If you still have questions, please email Dr. Trey Watson, at [lawatson@fiu.edu](mailto:lawatson@fiu.edu) or call him at 305-919-4172.