

Department of Teaching and Learning

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:
Common pre-requisite courses: (27 - 28 credits)		
SPC2608	Public Speaking	3
BSC2085/L	Anatomy & Physiology I and lab	3, 1
BSC2086/L	Anatomy & Physiology II and lab	3, 1
PSY2012 or SOP3004	Intro to Psych or Intro to Social Psych	3
MAC1105/MAC1140/MAC1147/MAC2311	Math	3 or 4
STA#### or MAC1147	Statistics or Algebra	3 or 4
HSC2100 or HUN2201 or HUN3122	Nutrition	3
CHM1045/L	General Chemistry I and 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:
Required core courses: (42 credits)		
APK 3004	Introduction to Kinesiology (should be taken in the 1 st semester)	3
APK 3103	Kinetic Anatomy	3
APK 3110	Exercise Physiology I	3
APK 4141	Applied Biomechanics for Sport and Exercise Science (pre- or co-requisite: APK3103)	3
APK 4112	Exercise Physiology II (pre-requisite: APK3110)	3
APK 4200	Motor Development	3
APK 4615	Scientific Foundations of Resistance and Cardiovascular Training (pre-requisites: APK3103, APK3110, APK4141)	3
APK 4125	Fitness Assessment and Exercise Prescription	3
APK 4137	Laboratory Assessments in Exercise Physiology (pre-req: APK3110)	3
APK 4613	Concepts in Strength and Conditioning (pre-requisites: APK3103, APK3110 pre- or co-requisite: APK 4141)	3
APK 4304	Prevention and Care of Athletic Injuries	3
APK 4163	Nutrition for Sport and Exercise Science HUN2201, or HSC 2100, or HUN 3122, Bachelor of Science in Sport and	3

	<i>Exercise Science (BSSES) major or instructor consent</i>	
APK 4400	Sport Psychology	3
APK 4940	Practicum in Kinesiology (133 hour internship component - must be taken in the final semester with no more than 12 additional credits - permission to enroll granted by internship coordinator)	3
Required program electives:(6 credits) 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: BSSES major, 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	

Graduation Requirements

- 1) FIU cumulative GPA of 2.0 or better on a 4.0 scale
- 2) University Foreign Language (FLENT/FLEX) and Civic Literacy requirements must be met
- 3) University Summer Enrollment Requirement must be met
- 4) 45 semester hours must be in upper division courses
- 5) All program and University requirements must be met

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

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