

Bachelor of Science in Sport and Exercise Science

The Bachelor of Science in Sport and Exercise Science prepares individuals for careers in health and fitness programs, sport performance settings, and graduate work in sports science and allied health. This STEM designated program focuses on the anatomy, physiology, human movement, and applications to exercise and sport. The program includes instruction in exercise physiology, kinesiology, motor development, mental performance, exercise testing and programming, sport performance, the prevention and care of athletic injuries, and research. The program prepares students for certifications as exercise professionals. Electives allow students to pursue and develop areas of interest.

Lower Division: (60)

Common Prerequisite Courses and Equivalencies

<u>FIU Course(s)</u>	<u>Equivalent Course(s)</u>
SPC 2608	SPC 2608

BSC 2085 BSC 2085L	BSC X085 BSC X085L
-----------------------	-----------------------

BSC 2086 BSC 2086	BCS X086 BCS X086L
----------------------	-----------------------

PSY 2012 Or SOP 3004	PSY X012
----------------------------	----------

MAC 1105 Or MAC 1140 Or MAC 1147 Or MAC 2311	MAC X105 Or MAC X140 Or MACX147 Or MAC X311
--	---

STA 2023 Or MAC 1147	STA X023 Or MAC X147
----------------------------	----------------------------

HSC 2100 Or HUN 2201 Or HUN 3122	HSC X100 Or HUN X201
--	----------------------------

CHM 1045 CHM 1045L	CHM X045 CHM X045L
-----------------------	-----------------------

Courses which form part of the statewide articulation between the State University System and the Florida College System will fulfill the Lower Division Common Prerequisites.

Please visit <https://cpm.flvc.org> for a current list of state-approved common prerequisites.

Common Prerequisites

SPC 2608	Public Speaking	3
BSC 2085 BSC 2085L	Anatomy & Physiology I Anatomy & Physiology I Laboratory	3 1
BSC 2086 BSC 2086L	Anatomy & Physiology II Anatomy & Physiology II Laboratory	3 1

PSY 2012 or SOP 3004	Introduction to Psychology Introduction to Social Psychology	3 3
MAC 1105 or MAC 1140 or MAC 1147 or MAC 2311	College Algebra Precalculus Algebra Precalculus Algebra with Trigonometry Calculus I	3 3 4 4
STA 2023 or MAC 1147	Statistics for Business and Economics Precalculus Algebra with Trigonometry	3 4
HSC 2100 or HUN 2201 or HUN 3122	Healthy Lifestyles Principles of Nutrition Applied Nutrition	3 3 3
CHM 1045 CHM 1045	General Chemistry I General Chemistry I Laboratory	3 1

Admission Requirements:

To be admitted into the program, a student needs a high school degree from an accredited institution, official SAT/ACT scores, and transcripts from all other colleges attended. Admission into the undergraduate program requires a minimum 2.0 grade point average. Students transferring from another university or college should review FIU's Undergraduate Catalog for university policies, application procedures, and financial aid information. Prior to or upon admission, transfer students should also contact an advisor to review transcripts and determine allowable transfer credits.

Graduation Requirements:

Sport and Exercise Science majors must complete 120 credit hours (with at least a 2.0 GPA), including the University Core Curriculum (or an AA degree), common prerequisites or equivalencies for CIP Code 31.0505, 42 credit hours of major courses, and 18 credit hours of approved electives. Students must earn a grade of C or higher in all courses required for the major. Students must complete major requirements within the last 60 credits in order to meet the College of Arts, Sciences, and Education (CASE) upper-division requirements of 45 credits.

Required Major Courses (42 hours)

APK 3004	Introduction to Kinesiology	3
APK 3103	Kinetic Anatomy	3
APK 3310	Exercise Physiology I	3
APK 4141	Applied Biomechanics for Sport and Exercise Science	3
APK 4112	Exercise Physiology II	3
APK 4200	Motor Development	3
APK 4615	Scientific Foundations of Resistance and Cardiovascular Training	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	3

Elective Courses

Advisors must be consulted in choosing the remaining credits for the degree. The following list provides options within the department.

Students must take at least 2 of the following program electives:

APK 4617	Principles of Strength and Conditioning	3
PET 4401	Administration of Fitness Operations	3
APK 4050	Research and Evaluation in Kinesiology	3
APK 4136	Exercise Programming	3
APK 4413	Exercise Psychophysiology	3
APK 4616	Comprehensive Conditioning of Elite Athletes	3
PET 4251	Sociology of Sport	3
PEO 4001	Principles of Coaching	3