



EXERCISE SCIENCE

OUR PROMISE TO YOU

Wesleyan's exercise science program prepares students to assess, design and implement individual and group fitness programs for individuals who are apparently healthy and those with controlled disease. Graduates will be skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors. The program offers two tracks:

- **Exercise Science:** Prepares you for the ACS Certified Health Fitness Specialist certification. This track is for students aspiring to attend graduate school and pre-professional programs.
- **Health and Fitness Leadership:** Prepares you for the ACSM Personal Training certification. This track is less clinical and does not require courses in advanced exercise physiology or special populations.

GET INVOLVED

The Wesleyan Fellows program will enrich your college experience and enhance your career opportunities. This grant-based work-study program encourages creative thinking and resourceful problem-solving and you will gain valuable knowledge and skills with a Wesleyan professor or an off-campus supervisor as your mentor. For more information on Wesleyan Fellows, visit kwc.edu/wesleyan-fellows.

SCHOLARSHIPS & ASSISTANTSHIPS

Many exercise science majors at Kentucky Wesleyan receive academic scholarships. Some also serve as assistants in laboratories, classrooms and offices. Assistantships provide valuable learning experiences for students and contribute to the student's tuition.



KENTUCKY
WESLEYAN
COLLEGE
—1858—

CAREERS

- Athletic Coach
- Athletic Director
- Athletic Trainer
- Biomechanist
- Dietician
- Exercise Physiologist
- Occupational Therapist
- Personal Trainer
- Sports Agent
- Scout

Contact Admissions:
270-852-3120
admissions@kwc.edu

find yourself

Courses Offered

Kentucky Wesleyan education is all about preparing you to pursue a productive career and a full, meaningful life. Each major offers unique courses designed to get you ready for a professional career in that field of study. Below, learn more about some of the courses you can expect to take with this major:

EXSC 217: Facilitating Behavior Change 3 Semester Credit Hours

This course is designed as an introductory exploration of psychological theories and their application to health behaviors and to their adaptation in facilitating individual health behavior change including physical activity, exercise, nutrition, stress management and other lifestyle behaviors.

EXSC 306: Biomechanics of Exercise and Sports 3 Semester Credit Hours

Basic principles of physics applied to body movement. Emphasis is placed on the mechanical analysis of exercise and sports skills.

EXSC 309: Physical Activity for Special Populations 3 Semester Credit Hours

The primary objective of this course is to examine how physical activity may affect the prevention and treatment of specific chronic disease. The focus will be on reviewing what health professionals have learned about these processes including the epidemiology, physiology, etiology, and treatment.

EXSC 360: Exercise Assessment and Prescription 3 Semester Credit Hours

Along with an analysis of statistical techniques, this course familiarizes students with the hands-on training and theoretical background needed to competently assess health-related components of fitness (cardio-respiratory fitness, muscular fitness, flexibility, body composition) in an apparently healthy adult population.

EXSC 370: Nutrition for Health and Human Performance 3 Semester Credit Hours

This course is designed to provide students with an understanding of basic nutrition principles to help promote and maintain health throughout the life cycle. It provides information to assist students in developing healthy lifestyle choices.

EXSC 410: Ethics in Sport and Exercise 3 Semester Credit Hours

An inquiry into ethics and morality as they relate to sport and exercise. Ethical and logical reasoning is emphasized through discussion and debate of such concepts as competition, violence, interpersonal power, substance use and sportsmanship.

EXSC 440: Physical Activity Programming 3 Semester Credit Hours

Application of fitness assessments and the subsequent development, organization, and implementation of exercise programs for healthy individuals and individuals with controlled diseases.

PE 206: Human Sexuality Education 3 Semester Credit Hours

This course introduces the student to the sociological, physiological and psychological aspects of human sexuality. Applications include sexuality education in school settings, community settings, healthcare settings, and home life applications. Subcomponents include life issues, courtship, marriage, reproduction, and aging.

Scan me to discover more information about your major and the others we offer!



PE 211: Motor Development 1 Semester Credit Hour

Each student will study and analyze motor development theories as they apply to human performance from birth to old age. The application of this knowledge to the field of Kinesiology and Health Promotion also will be emphasized.

PE 308: Sports and Fitness Management 3 Semester Credit Hours

Analysis of administrative and organizational procedures related to current trends in fitness/wellness, sports and athletic management.

PE 310: Sociological and Psychological Aspects of Sports 3 Semester Credit Hours

The first half of the semester is devoted to understanding basic sociological concepts and examining social issues in sport (e.g., aggression and violence, racism, sexism, sport and education). The second half of the semester focuses on the concepts and applications of sport psychology.

PEH 215: First Aid and Safety 3 Semester Credit Hours

This course introduces students to the concepts of safety and emergency care. Emphasis is placed on being a citizen responder, and a first responder in employment settings such as schools, industrial settings, athletic settings, and remote locations such as backcountry wilderness settings. It is designed to be an intermediate/advanced level first aid course. Upon successful completion of the course, students qualify to receive certification cards in first aid, CPR and blood-borne pathogens.

PEH 234: Medical Terminology 2 Semester Credit Hours

This course introduces students to commonly used medical terms, prefixes, suffixes and root words. Terms related to the diagnosis, pathology and treatment of the major body systems are identified, defined and spelled. This class is learning, pronouncing, spelling, defining and applying numerous medical terms.

PEH 320: Drug Use and Abuse 3 Semester Credit Hours

This course will survey the pharmacological, behavioral and psychological effects of some of the most commonly used legal and illegal drugs in modern society. Societal, clinical, and health effects of drug use and abuse will also be addressed.

PEH 405: Consumer Health 3 Semester Credit Hours

This course introduces students to issues surrounding consumerism, i.e. being an educated and aware consumer. Topics consist of a variety of issues, including the history of quackery in health products and services, advertising ploys, current trends in health consumerism, internet purchasing, herbal and over-the-counter health products, and related issues. There are no prerequisites for this course per se, however it is recommended that students have upper division standing and have completed most of the Kinesiology and Health Promotion or health content courses.