

EXERCISE SCIENCE

Chair: Thomas Baechle

Department Office: Kiewit Fitness Center, Room 225

Professors: T. Baechle, J. Eckerson;

Associate Professors: A. Bull, G. Lambert.

Department Description: The Department of Exercise Science offers a Bachelor of Science degree in Exercise Science. The Exercise Science major prepares students for careers in several health-fitness fields such as corporate/community/commercial fitness, personal training, and strength training and conditioning. This major is also an attractive option for students seeking an advanced degree in exercise science/exercise physiology or who intend to pursue careers in physical or occupational therapy, nursing, cardiopulmonary rehabilitation, medicine, dentistry, and pharmacy or physician assistant. Coursework provided in the Exercise Science major prepares students for national certifications offered by the American College of Sports Medicine and the National Strength and Conditioning Association Certification Commission.

Web Contact/Information: Additional information about this department may be found at <http://www2.creighton.edu/ccas/exercisescience/>. However, for definitive details, students are strongly encouraged to check the University's website for Bulletin changes at <http://www.creighton.edu/Registrar>.

PROGRAM IN EXERCISE SCIENCE

Specific Requirements for Admission to Exercise Science: Enrollment is based upon the following requirements: A minimum of 30 credits in Creighton University coursework with a cumulative GPA of 2.75; a grade of "C" or better in CHM 203/204 or 205/206 and BIO 211 or 212. Students apply for admission to the major through the College of Arts and Sciences website.

B.S., Major in Exercise Science: 45-47 Credits

Course Requirements

(All of the following:)

EXS 125	First Aid	2 credits
EXS 142	Personalized Weight Training	1 credit
EXS 144	Aerobics	2 credits
EXS 195	Introduction to Athletic Training	3 credits
EXS 240	Designing a Personalized Fitness Program	3 credits
EXS 320	Human Physiology	4 credits
EXS 331	Human Anatomy	4 credits
EXS 334	Biomechanics	3 credits
EXS 335	Exercise Physiology	4 credits
EXS 350	Nutrition for Health and Sports Performance	3 credits
EXS 401	Exercise Prescription	3 credits
EXS 407	Basic Statistics and Research Design	3 credits
EXS 489	Laboratory Methods and Procedures	4 credits
EXS 491	Exercise Leadership and Program Administration	3 credits
EXS 492	Exercise Science Internship	3-5 credits

Certificate Programs in University College

This department does not offer a certificate program in Exercise Science to students in University College.

For all EXS courses, please refer to page 387.