

BACHELOR OF SCIENCE, EXERCISE SCIENCE
Pre-Advising Sheet

Graduates of Exercise Science programs are trained to assess, design, and implement individual and group exercise and fitness programs for individuals who are apparently healthy and those with controlled disease. They are 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 for health promotion. The Exercise Science professional has demonstrated competence as a leader of health and fitness programs in the university, corporate, commercial or community settings in which their clients participate in health promotion and fitness-related activities. (http://www.caahep.org/documents/file/For-Program-Directors/ES_Standards.pdf)

The Exercise Science Program (ES), is a major within the department of Human Performance & Sport and is designed for the student desiring a career in the allied health care field of Exercise Science. The objective of the MSU DENVER ES major is the professional preparation of pre-service Exercise Science specialists, qualifying them to sit for established nationally recognized certification examinations. Upon successful completion of a national certifying exam, the ES graduate may practice as a certified professional in areas such as: Health Fitness Instructor, Certified Strength and Conditioning Specialist, or Performance Enhancement Specialist. A list of common career pathways (and an article describing several career choices) is included at the end of this document. **Please see the official university catalog on-line at www.msudenver.edu for a complete list of graduation requirements.**

The Exercise Science major **does not encompass** academic preparation for the professions Athletic Training (care and prevention of athletic injuries). Students who pursue a degree in Exercise Science **will not** be eligible to take the National Athletic Trainer's Board of Certification examination. The preparation for this specialty is covered in the Athletic Training Education Program concentration within the department of Human Performance & Sport.

Athletic Training Education Program Concentration Advisor:

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Please note the following:

- The Exercise Science program at MSU DENVER is accredited by The Commission on Accreditation of Allied Health Education Programs (CAAHEP), the accrediting body commissioned by the American College of Sports Medicine (ACSM). The MSU Denver AFES program has earned full accreditation status for five years and is accredited through 2021.
- According to the ACSM, plans are in place to change eligibility requirements for certification candidates. In the future, in order to be eligible to take the ACSM Health Fitness Specialist (HFS) certification examination students must graduate from an Adult Fitness and Exercise Science program accredited by the CAAHEP. The date for implementation of this policy has yet to be announced.
- Pursuit of the MSU DENVER ES concentration requires completion of a minor program, in addition to all requirements for the major. Minor programs are chosen by the student to compliment the coursework completed in the ES major. Consultation with an ES program advisor will assist the student in appropriate selection of a minor program.

The necessary steps for students wishing to pursue an Exercise Science as a field of study are as follows:

- Contact the HPS department for an academic advising appointment with an ES advisor. This initial advising appointment may be an individual or group advising appointment. Individual student needs and declaration of major will be addressed at that meeting.
- All prospective ES majors must submit an application for admission to the ES program. Applications cannot be submitted until students are enrolled in HPS 3300 (Anatomical Kinesiology). All ES majors are expected to conduct themselves professionally and in compliance with the established professional disposition requirements listed on the ES website. These requirements should be familiar to the prospective ES student prior to attending an initial advising meeting. Questions about these requirements can be addressed at the initial advising meeting.
- All ES majors must complete EXS 4880 (internship) which requires a 405 contact-hour commitment - after all other course requirements (major, minor, general studies and electives) have been completed. A mandatory meeting for all prospective interns will be held at the beginning of each term and must be attended during the term that precedes the desired internship term (i.e. August meeting for interns who wish to pursue a Spring term internship).

Internship Examples:

Cardiac Rehabilitation

Sky Ridge Medical Center
 Longmont United Hospital
 Rose Hospital

Strength and Conditioning

Impact Sports Performance – Broomfield, CO
 Air Force Academy S & C Department
 Steadman-Hawkins DTC Clinic

Municipal Recreation

South Suburban Parks and Recreation
 Foothills Parks and Recreation
 Englewood Parks and Recreation

Worksite Health Promotion

Miller-Coors Wellness Center
 Health Break Inc.
 West Metro Fire Department

Physical Therapy/Medicine Clinics

Next Level P.T.
 Colorado Physical Therapy Institute (CPTI)
 ProActive PT – Highlands Ranch

Other

IMAGE Group – Metabolism/Body
 Composition Research
 Med Ex of Estes – Older Adult Therapy
 Optimize Endurance Services – Endurance
 Athlete Coaching

In additional to ALL MSU Denver graduation requirements (total credits, upper division credits, general studies classes, etc.), the following course list represents the specific requirements for the Bachelor of Science in Exercise Science:

BASIC THEORY COURSES

COURSES	CREDIT HOURS
ATP 1623 Prevention and Care of Athletic Injuries	3
EXS 1640 Physical Fitness Techniques and Programs	3
HPS 3300 Anatomical Kinesiology.....	3
EXS 3340 Physiology of Exercise.....	3
EXS 3780 Fitness Programs for Special Populations	2
EXS 3790 Fitness Programs for Children, Adolescents and Older Adults.	3
EXS 3841 Comparative Fitness Programs	3
HPS 4660 Legal Liability for Physical Educators, Coaches and Administrators.....	3
EXS 4680 Advanced Exercise Assessment Techniques	4
EXS 4780 Community Fitness Testing and Program Planning.....	2
EXS 4880 Internship for Exercise Science.....	10
NUT 2040 Introduction to Nutrition	3

Select one course from the following:

HPS 1440 Stress Management Techniques	3
EXS 2890 Personal Training: Concepts and Application.....	2
EXS 4650 Exercise Electrocardiology	3
EXS 4772 Performance Enhancement Specialist	3

*Note: Students must have a 2.75 GPA to be eligible for an internship.
It is recommended that students take HPS 2060, Emergency Rescue/First Responder and CPR, or verify equivalent certification.*

Important Notes:

- **Required Biology Prerequisites** (Two of the following classes will fulfill Natural Science General Studies requirement):
 - BIO 1080 & 1090 – General Introduction to Biology & Lab
 - BIO 2310 – Anatomy and Physiology I
 - BIO 2320 – Anatomy and Physiology II
- Unless otherwise authorized by your ES advisor, all ES majors must enroll in and complete the courses listed above. Please note that all major and minor courses must be completed with a grade of ‘C’ or better.

Transfer Students:

Transfer students **must** meet all of the criteria specified for equivalent required major courses. Each transfer students’ transcripts will be evaluated individually by an ES Faculty Member. **Transfer course acceptability is NOT guaranteed.**

Exercise Science Program Major Advisors

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**EXERCISE SCIENCE
COMMON CAREER PATHWAYS**

- * **CHILDREN'S FITNESS PROGRAMS**
- * **COACHING**
 - * **ENDURANCE ATHLETES**
 - * **FITNESS COMPETITORS**
- * **NOT-FOR-PROFIT ORGANIZATIONS (I.E. Am. Heart Assn., ACS, etc...)**
- * **PERSONAL TRAINING**
 - * CLUB/FITNESS CENTER/CLINIC-BASED
 - * HOME-BASED
- * **PUBLIC SERVICE PROFESSIONALS (Fitness Assessment/Ex. Testing/ Leadership)**
 - * POLICE/FIRE PROFESSIONALS
 - * MILITARY PROFESSIONALS
 - * SECURITY PROFESSIONALS
- * **RECREATION**
 - * MUNICIPAL RECREATION CENTERS: COMMUNITY WELLNESS
 - * UNIVERSITY-BASED RECREATION/FITNESS *
- * **REHABILITATION**
 - * PHYSICAL MEDICINE -clinical exercise specialists (working with physical therapists/OT's & occupational medicine physicians)
 - * CARDIAC REHABILITATION
 - * PULMONARY REHABILITATION
- * **RESEARCH**
 - * PROFESSIONAL RESEARCH ASSISTANT
- * **RESORT FITNESS**
 - * HOTEL RESORTS (Marriott, Club Med)
 - * CRUISE SHIPS
- * **SALES (treadmills, EKG equipment, etc...)**
- * **SENIOR FITNESS/WELLNESS**
- * **SPECIAL POPULATIONS**
 - * **PHYSICALLY CHALLENGED POPULATIONS**
 - * **CANCER EXERCISE SPECIALIST**
- * **STRENGTH AND CONDITIONING**
 - * COLLEGE STRENGTH AND CONDITIONING PROGRAMS
 - * PROFESSIONAL ATHLETES
 - * YOUTH/PRIVATE AGENCIES
- * **WELLNESS COACHING**
- * **WORKSITE HEALTH PROMOTION/WELLNESS**
- * **OTHERS (this is not an all-inclusive list!)**