

BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE AND MOVEMENT SCIENCE

Exercise and Movement Science

Students who earn a B.S. in Exercise and Movement Science will be prepared to sit for the national Certified Strength and Conditioning Specialist exam. Graduates will be prepared to work in a wide array of fitness and athletic settings and will develop a framework to understand and analyze human movement, incorporating an appreciation of the overlapping influences from anatomical, physiological, psychological, and neurological factors. All students will complete an internship to gain experience in a setting that aligns with their future career goals.

Students in the Exercise and Movement Science major will have the opportunity to:

- Study the natural sciences and apply your knowledge to concepts in biomechanics, nutrition, research, exercise assessment and prescription, and programming.
- Learn how to design, prescribe, implement, and assess exercise programs for different populations.
- Gain practical experience with exercise technology and equipment through Bryant’s new state-of-the-art Exercise and Movement Science Lab.
- Develop communication skills to interact and collaborate with patients, caregivers, and other professionals within the healthcare sector.
- Use critical thinking and core research skills to find solutions to problems in the field.

Two tracks of study are available. The Applied Exercise and Coaching track is designed for students who wish to enter the workforce after graduation, while the Healthcare Provider Prep track is designed for students who wish to build upon their knowledge by pursuing a graduate degree in a healthcare or medical field.

Description of Tracks:

Applied Exercise and Coaching Track

This track will allow students to broaden their perspective on health and fitness, enhancing their ability to lead individuals and groups in fitness/performance related activities as a coach or exercise specialist.

Healthcare Provider Prep

This track will prepare students for graduate level studies in a variety of different healthcare programs, including physical therapy and athletic training.

Exercise and Movement Science Major Curriculum Requirements:

Exercise and Movement Sciences Major Core Requirements

SCI 251 & SCI L251	Biology I Principles of Biology and Biology I Laboratory	4
SCI 352	Exercise Physiology	3

SCI 360 & SCI L360	Anatomy and Physiology I and Anatomy and Physiology Laboratory I	4
SCI 380 & SCI L380	Anatomy and Physiology II and Anatomy and Physiology Lab II	4
SCI 381 & SCI L381	Human Kinesiology and Kinesiology Lab	4
SCI 383	Human Health and Disease	3
SCI 386	Sports Nutrition	3
SCI 387	Functional Musculoskeletal Anatomy	3
SCI 388	Field Experience I	3
SCI 467	Management Principles in Fitness and Athletics	3
SCI 471 & SCI L471	Exercise Testing and Prescription and Exercise Testing and Prescription Lab	4
SCI 476 & SCI L476	Principles of Strength and Conditioning I and Principles of Strength and Conditioning I Lab	4
SCI 477 & SCI L477	Principles of Strength and Conditioning II and Principles of Strength and Conditioning II Lab	4
SCI 488	Field Experience II	3
PSY 481	Exercise and Sport Psychology	3

Choose One of the Following Tracks

Track #1 Applied Exercise and Coaching

Select Two courses from the following list:

COM 344	Sports Media Production	3
ECO 340	Sports Economics	3
LGLS 380	Sport and the Law	3
MATH 488	Sports Statistics	3
PSY 374	Introduction to Neuroscience	3
PSY 375	Health Psychology	3
SCI 379	Emergency Medical Technician I	6
SCI 466	Global Health Challenges	3
SOC 360	Sociology of Sport	3
SCI HS300	Honors Special Topics in Science Application of Brain Science	3

Track #2 Healthcare Provider Prep

Students must pick two upper-level Science courses that are related to their future academic endeavors.

Suggested Electives for All Tracks

SCI L352	Exercise Physiology Laboratory	1
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Mathematics Requirement:

MATH 121	Calculus and Analytic Geometry I ((EMS Majors are required to take MATH 121 this can be used to fulfill the GEN ED MATH 110 requirement))	3
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Business Minor Requirement

A minimum of 51 credit hours is required for the major.

A minimum of 120 credit hours is required for graduation.