

# EXERCISE SCIENCE (BA)

## General Undergraduate Admission Requirements

All applicants must meet the general admission requirements for Concordia University Chicago undergraduate programs as published in the Concordia University Chicago academic catalog.

New students are accepted into undergraduate degree-seeking programs for online (ADP) and on-campus (Traditional) study in the fall and spring semesters. If you have any questions please work with your admissions advisors.

## BA Exercise Science Major Requirements

Code	Title	Hours
<b>Required Courses</b>		
PES-1010	Fitness and Wellness	1
PES-1119	Weight Training and Cardiovascular Activities	2
PES-3200	Foundations of Exercise and Sport Science	3
PES-3400	Applied Anatomy and Physiology	4
or BIO-2111	Anatomy and Physiology I (With Lab)	
PES-3660	Kinesiology	3
PES-4101	General Nutrition	3
PES-4200	Fitness Testing and Exercise Prescription	3
PES-4420	Physiology of Exercise	3
PES-4625	Teaching Individual and Dual Sports Activities	3
or PES-4635	Teaching Team Sport Activities	
PES-4740	Measurement and Evaluation of Human Performance	3
Select one of the following:		6
PES-4980	Practicum: Health and Exercise Science	
OR 3 credits for each course below		
PES-4980	Practicum: Health and Exercise Science (and)	
PES-4990	Applied Research in Exercise and Health Science	
Select one of the following:		3
MGT-2001	Leadership Centered Management	
MKT-2101	21st Century Concepts of Marketing	
<b>Electives</b>		
Select five hours from the following:		5
PES-1121	First Aid Safety and Injury Prevention	
PES-3501	Principles of Coaching/Officiating	
PES-3705	Prevention and Care of Athletic Injuries	
PES-4110	Fitness Activities and Technology	
PES-4123	Exercise and Sport Nutrition	
PES-4310	Drug Education	
PES-4410	Biomechanics	
PES-4431	Physical Growth/Motor Development	

PES-4650	Physical Activities for Children with Special Needs
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Total Hours

42

## Graduation Requirements

Students in the College of Health, Science and Technology or The College of Theology, Arts and Humanities must meet all University requirements found in the Academic Information section of this catalog. Specific requirements for these Colleges include the following:

- A minimum cumulative GPA of 2.00 for all coursework completed at CUC
- A minimum GPA of 2.00 for all courses taken in the major at CUC
- A minimum grade of C for all courses taken in a major at CUC
- Payments of all tuition and fees due to Concordia University Chicago. All holds must be removed to receive transcripts and diploma.
- The Division of Natural Sciences requires a minimum grade of D- for courses within the major that are not pre-requisites for other courses. For courses that are pre-requisites, the C minimum remains unless superseded by admission grade requirements for specific programs, e.g., medicine/dentistry/pharmacy at LECOM, etc.).
- The following courses may not be taken on the Pass/Fail grade option:

Code	Title	Hours
ENG-0100	College Writing	3
ENG-1100	English Composition	3
ENG-2000	Writing About Literature	3
MAT-0100	Fundamentals of Math	3
Any course in a major at CUC		
MAT-1010	Advanced Intermediate Algebra	3