EXERCISE SCIENCE

Bachelor of Science

The Exercise Science program at Eastern Washington University is designed for those students who are interested in fitness and wellness management (non-teaching).

The program is the study of movement and the associated physiological and functional responses and adaptations.

Students will learn how to assist people to live healthier lives through exercise, rehabilitation and nutrition, as well as assisting them to overcome their fears, cope with and prevent injuries.

Career Opportunities

Graduates are prepared to work in various settings as managers of fitness programs. The options include but are not limited to corporate fitness or commercial fitness clubs, YMCA-YWCA, or other non-commercial programs, retirement centers, hospital rehabilitation programs in cardiac rehabilitation, respiratory therapy and diabetes support.

Knowledge and Skills

The program prepares students to pursue advanced degrees in exercise physiology, biomechanics, motor control and learning, cardiac rehabilitation and adult fitness as well as professional programs such as Physical and Occupational Therapy and Chiropractic.

The program and course work prepares students to pursue certification from organizations such as the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA) and the American Council on Exercise (ACE).

These certifications are widely accepted in the fitness industry. Membership in a professional organization is a graduation requirement.

Curriculum

The program requires 59 credit hours in core courses, with a science concentration element of 30 credit hours, and a communication elective of four to five credit hours, with a minimum of 93 total credit hours. (Other courses may be selected with prior approval of the major advisor.)

The program requires a 400 hours internship to introduce the student to an actual working situation; equivalent to 15 credit hours. The options available are the same as the possibilities for jobs, so this gives the student a chance to choose an appropriate internship for the direction they are planning to go with the degree.

If students are interested in pursuing an Occupational or Physical Therapy advanced degree, they may want to split their internship experience between two or more settings.

A minimum cumulative GPA of 2.5 is required for all university course work, with a minimum of 2.5 for each required Exercise Science course.

Student must also obtain a minimum grade of 2.0 in each of the supporting courses: science, statistics and communication concentrations.

Students in this program must meet with their major advisor each quarter. Failure to comply with the above standards will prohibit professional internship eligibility.
Special Features

Students will be able to apply their new knowledge and skills in the human performance laboratory and learn the testing procedures for all components of fitness: cardiovascular; muscular strength, endurance, and flexibility; and body composition.

Applied research is conducted in the lab focusing on practical questions, such as ways to increase athletic performance or how to improve health and reduce disease.

The professional internship introduces students to an actual working situation and prepares students for a smooth transition into the work force.

Preparing for Admissions

It is recommended that transfer students wishing to obtain this degree within four years should complete the chemistry or anatomy and physiology series before transferring into the program.

Students who are interested in applying to the Physical Therapy program at EWU, will need to substitute the CHEM 150 series for the CHEM 160 series for the science concentration requirements.

General university requirements apply for admission and graduation. For more information on this program visit the department website: http://www.ewu.edu/pehr

Prospective students of EWU can apply online via http://www.ewu.edu/admissions or contact the Office of Admissions at (509) 359-2397 to request an application.

For More Information Contact
Physical Education, Health and Recreation Department
c/o Susan Beam
200 P.E. Classroom Building
EWU Cheney, WA 99004
(509) 359-2341
sbeam@mail.ewu.edu
www.ewu.edu/pehr

Wendy Repovich, PhD, FACSM
Coordinator of the Exercise Science Program
(509) 359-7960
wrepovich@mail.ewu.edu

The University

Eastern Washington University is a student-centered, regionally based, comprehensive university. This vision informs and inspires EWU’s future. Its campus is located in Cheney within the Spokane metropolitan area, with additional learning centers in the region and elsewhere in Washington State.

Note:
Information in this guide is subject to change without notice. To learn more about the official program of study, please check the catalog online at:
http://www.ewu.edu/x15588.xml