Crookston Campus

Exercise Science and Wellness B.S.

Math, Science and Technology

Academic Affairs

- Program Type: Baccalaureate
- Requirements for this program are current for Spring 2018
- Required credits to graduate with this degree: 120
- Required credits within the major: 55
- This program requires summer terms.
- Degree: Bachelor of Science

The BS in exercise science and wellness combines the study of exercise physiology within the holistic context of health and wellness. The program integrates a hands-on, experiential learning laboratory working with various demographic populations (e.g., athletes, new moms, senior citizens). Through a dynamic collaboration between the University and the local hospital rehabilitation services, students are exposed to scenarios to apply theory to patient rehabilitation. Students learn techniques in coaching, counseling and effective motivational techniques during both internal and external internship experiences. The curriculum provides the knowledge to develop tailored exercise prescriptions to patients after an illness or injury that will promote improved health and wellness for the future. After completion of the program, the graduate will be well-positioned for a career in the physical fitness industry, hospitals or schools.

As the United States population ages, the need for healthy living and better fitness will demand more individuals to facilitate quality of life decisions and overall wellness. The exercise science and wellness major uniquely positions graduates to enter this new reality with the knowledge and experience to merge exercise with health and wellness.

This major also aligns with the Universitys mission to internationalize the curriculum by being one of the first majors at the University of Minnesota, Crookston to internationalize the program by integrating learner outcomes that challenge the students to reflect on their own learning and become global competent graduates.

Program outcomes:
Apply exercise related principles to apparently healthy populations as well as those with cardiovascular, pulmonary and/or metabolic disease.
Administer health appraisals, assess client needs, design and administer appropriate programs such as smoking cessation, blood pressure, weight control, and nutrition counseling.
Design and administer appropriate strength, power, flexibility, agility, and cardio-respiratory programs based on clients goals, needs and abilities.
Integrate core and body mechanics into the exercise prescription for both consultative and on-site Occupational Therapists and Physical Therapists.
Describe the implications of positive and negative health practices impacting physical, social, occupational, emotional, intellectual, spiritual, and environmental health within a cultural context.
Discuss major health risks and diseases affecting contemporary society, and explore the principal ways to promote health and wellness through lifestyle and behavioral change throughout the lifespan and within a cultural context.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)

Admission Requirements

For information about University of Minnesota admission requirements, visit the Office of Admissions website.

General Requirements

All students are required to complete general University and college requirements. For more information, see the graduation requirements.

Program Requirements

Students must complete 40 upper division credits.

Program Requirements

A maximum of two D grades are allowed for core courses required in the program and technology requirements. This includes grades earned at UMC or transferred in from another institution.

Information current as of March 28, 2024

Required Courses - 56 credits
BIOL 2103 - Human Anatomy and Physiology I (4.0 cr)
BIOL 2104 - Human Anatomy and Physiology II (4.0 cr)
HLTH 1062 - First Aid and CPR (2.0 cr)
HSCI 1072 - Wellness (3.0 cr)
HSCI 1123 - Fundamentals of Nutrition [BIOL SCI] (3.0 cr)
HSCI 3001 - Community Health and Wellness (3.0 cr)
HSCI 3112 - Kinesiology (4.0 cr)
HSCI 3899 - Pre-Internship Seminar (0.5 cr)
HSCI 3900 - Internship (1.0 - 2.0 cr)
HSCI 3901 - Post-Internship Seminar (0.5 cr)
HSCI 4520 - Exercise Testing and Prescription (3.0 cr)
PHYS 1012 - Introductory Physics [PHYS SCI, PEOPLE/ENV] (4.0 cr)
PUBH 3102 - Issues in Environmental and Occupational Health (UMTC) (3.0 cr)
SRM 2000 - Prevention and Care of Athletic Injuries (3.0 cr)
HSCI 3050 - Sport Nutrition (3.0 cr)
SRM 3003 - Sport Facility and Activities Management (3.0 cr)
SRM 3200 - Socio-Cultural Dimensions in Sport (3.0 cr)
SRM 3320 - Applied Sports Physiology (3.0 cr)
WRIT 3303 - Writing in Your Profession (3.0 cr)

Liberal Education Requirements
A minimum of 40 liberal education credits are required. Students must complete the 10 goal areas of the Minnesota Transfer Curriculum with the following specific liberal education courses required:
BIOL 1009 - General Biology [BIOL SCI, PEOPLE/ENV] (4.0 cr)
CHEM 1001 - Introductory Chemistry [PHYS SCI] (4.0 cr)
COMM 3001 - Human Relationships and Leadership [HUMAN DIV] (3.0 cr)
COMP 1011 - Composition I [COMMUNICAT] (3.0 cr)
COMP 1013 - Composition II [COMMUNICAT] (3.0 cr)
MATH 1150 - Introduction to Statistics [MATH THINK] (3.0 cr)
PSY 1001 - General Psychology [HI/BEH/SSC] (3.0 cr)
SOC 1001 - Introduction to Sociology [HI/BEH/SSC, HUMAN DIV] (3.0 cr)
COMM 1101 - Public Speaking [COMMUNICAT] (3.0 cr)

Technology Requirements
Students must take 3 credits from the following courses. (If applicable, the course selected from below may be used to satisfy both the program and technology requirements.)
CA 1xxx
or CA 2xxx
or CHEM 3022 - Fate and Analysis of Chemicals (4.0 cr)
or MATH 1150 - Introduction to Statistics [MATH THINK] (3.0 cr)

Electives - Upper Division
Students must take 6 credits of upper division electives. The following courses are recommended: HUM 3310, LAMP 4177, MGMT 3200, MGMT 3210, MKTG 3300, SOC 3937.

Electives
Students must take enough open electives credits to meet the 120 credit graduation requirement. The following courses are recommended: CHEM 1401, ECON 2101, PHIL 1001, PHIL 2002, SOC 1102.