

Exercise Science

Program

The Exercise Science program at Rhodes State College prepares students to enter the exciting world of personal training. The demand for personal trainers is growing as businesses, medical facilities, and sports training facilities, in addition to fitness facilities, recognize the advantages of hiring persons with the knowledge and skills needed to provide exercise prescription and promote proper fitness and nutrition information to the public. The Exercise Science curriculum prepares students to take the national certificate exam through the National Strength and Conditioning Association in order to become a Certified Personal Trainer (C-PT). A C-PT will have the knowledge to assess fitness status, assist clients in setting goals, and develop appropriate exercise prescriptions for clients based on individual needs, goals and health status. In addition, the Associate Degree in Exercise Science will provide pathways for graduates to continue their education at the baccalaureate level in areas such as Sports Medicine, Athletic Training, Strength & Conditioning, Exercise Physiology, Health and Wellness Promotion or even Physical Education.




Mission Statement

The Exercise Science program prepares students to become competent members of the healthcare community as Certified Personal Trainers.



Curriculum

First Year

First Semester

| | | |
|--|----------------------------------|-----------|
| COM 1110  | English Composition | 3 |
| DTN 1000 | Basic Nutrition | 2 |
| EXS 1000  | Introduction to Exercise Science | 4 |
| BIO 1110 | Anatomy and Physiology I | 4 |
| SDE 1010  | First Year Experience | 1 |
| BHS 1320 | CPR and First Aid | 1 |
| Term Hours | | 15 |

Second Semester

| | | |
|--|------------------------------------|-----------|
| PSY 1010  | General Psychology | 3 |
| BIO 1120 | Anatomy and Physiology II | 4 |
| BHS 1560 | Smoking Cessation Education | 1 |
| EXS 1010 | Exercise Assessment & Prescription | 4 |
| MKT 1010  | Customer Relations and PR | 3 |
| Term Hours | | 15 |

Summer


| | | |
|-------------------|------------------------------|-----------|
| EXS 1020 | Program Design | 3 |
| EXS 1030 | Athletic Facility Management | 2 |
| EXS 1040 | Exercise Clinical I | 2 |
| BHS 1530 | 12 Lead ECG Interpretation | 1 |
| MTH 1151 | Quantitative Reasoning | 3 |
| Term Hours | | 11 |

Second Year

First Semester

| | | |
|-------------------|----------------------------------|-----------|
| EXS 2000 | Kinesiology for Exercise Science | 4 |
| EXS 2015 | Sport Nutrition | 3 |
| EXS 2020 | Basics of Athletic Training | 3 |
| COM 2213 | Verbal Judo OR | |
| COM 2110 | Public Speaking | 3 |
| Term Hours | | 13 |

Second Semester

| | | |
|--|------------------------------|-----------|
| EXS 2030 | Strength and Conditioning | 4 |
| EXS 2050  | Exercise Science Capstone | 2 |
| EXS 2045 | Exercise Science Clinical II | 3 |
| Term Hours | | 9 |
| Total Hours | | 63 |

 = Portfolio Course

 = Capstone Course


Certificates

Exercise Science Certificate

The Exercise Science Certificate provides students with the knowledge and skills needed to assess a client's abilities, prescribe exercise programs, and demonstrate or modify exercises within a health and wellness or fitness setting. The Exercise Science curriculum prepares students for the Certified Personal Trainer's (C-PT) exam through the National Strength and Conditioning Association (NSCA).

First Year

Fall

| | | |
|--|----------------------------------|-----------|
| BHS 1320 | CPR and First Aid ¹ | 1 |
| BIO 1110 | Anatomy and Physiology I | 4 |
| DTN 1000 | Basic Nutrition ¹ | 2 |
| EXS 1000  | Introduction to Exercise Science | 4 |
| Term Hours | | 11 |

Spring

| | | |
|-------------------|--|-----------|
| BHS 1560 | Smoking Cessation Education ¹ | 1 |
| BIO 1120 | Anatomy and Physiology II | 4 |
| EXS 1010 | Exercise Assessment & Prescription | 4 |
| MKT 1600 | Customer Relations and PR | 3 |
| Term Hours | | 12 |

Summer

| | | |
|--------------------|------------------------------|-----------|
| BHS 1530 | 12 Lead ECG Interpretation | 1 |
| EXS 1020 | Program Design | 3 |
| EXS 1030 | Athletic Facility Management | 2 |
| EXS 1040 | Exercise Clinical I | 2 |
| Term Hours | | 8 |
| Total Hours | | 31 |

¹Online course

Technical Standards

All applicants for the Health Sciences programs and certificates must possess the essential skills and abilities necessary to successfully complete the requirements of the curriculum either with or without reasonable accommodations for any disabilities the individual may have. * Note: The use of an intermediary that in effect requires a student to rely on someone else's power of selection and observation will not be permitted.

Gainful Employment

See www.RhodesState.edu/GainfulEmployment for additional information.

For More Information, Contact:

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