

Curriculum - Clinical Exercise Science, BS

Catalog Year: 2026 - 2027 **General Studies Gold**

Degree: Bachelor of Science, BS

College/School: [College of Health Solutions](#)

Plan Code: ECEXERBS

Minimum credit hours: 120

Upper division minimum credit hours: 45

Requirement	Minimum Grade	Credit Hours
Major Core Courses		
EXW 215 Resistance Training and Recovery Techniques	C	3
EXW 217 Cardiorespiratory and Flexibility Training	C	3
EXW 330 Kinesiological Foundations of Movement	C	4
EXW 344 Impact of Physical Activity on Health and Disease	C	3
EXW 420 Exercise Testing	C	4
EXW 427 Exercise Prescription for Cardiometabolic Health	C	3
EXW 484 Internship EXW 484 fulfills the College of Health Solutions Experiential Learning requirement.	C	3
KIN 101 Introduction to Kinesiology	C	3
KIN 290 Introduction to Evidence-Based Practice OR NTR 290 Introduction to Evidence-Based Research in Nutrition	C	3
KIN 352 Psychosocial Aspects of Physical Activity (SOBE)	C	3

Requirement	Minimum Grade	Credit Hours
KIN 447 ECG Interpretation	C	3
SSP 315 Exercise and Sport Physiology	C	3
SSP 316 Exercise and Sport Physiology Laboratory	C	1
Upper Division Focus Area Courses	C	15

Exercise for Chronic and Neurological Conditions Focus Area:

CHS 400 Adaptive Exercise Program Practical Experience

EXW 426 Exercise for Neuromuscular Conditions

EXW 438 Obesity, Exercise and Health

HEP 410 Obesity Perspectives and Prescriptions

KIN 442 Fuel Metabolism

KIN 443 Exercise Endocrinology

KIN 444 Metabolic Adaptations to Exercise Training

PRM 453 Inclusive Community Sport

RTH 364 Foundations in Recreational Therapy (SOBE)

RTH 384 Recreational Therapy Practicum

Motor Control Focus Area:

KIN 345 Motor Behavior

KIN 415 Theory of Corrective Exercise

KIN 421 Human Motor Control

KIN 422 Motor Control in Special Populations

KIN 424 Neural Aspects of Movement and Rehabilitation

Muscular Fitness and Performance Focus Area:

EXW 425 Exercise Prescription for Health and Wellness

KIN 416 Low Back Pain: Muscles and Movement

KIN 460 Theory of Strength Training

KIN 465 Muscle Physiology

SSP 454 Sports Medicine

Nutrition for Health and Performance Focus Area:

HSC 355 Eating for Lifelong Health (SOBE)

NTR 345 Development of Healthy Cuisines

NTR 353 The Western Diet

NTR 448 Community Nutrition

NTR 450 Nutrition in the Life Cycle (SOBE)

NTR 457 Sports Nutrition

Physical Activity Psychology Focus Area:

EXW 400 Stress Management for Wellness

HEP 361 Digital Health Communication and Education

KIN 348 Psychological Skills for Optimal Performance

KIN 450 Biopsychosocial Perspectives on Physical Activity and Health

KIN 452 Exercise Psychology (SOBE)

KIN 454 Motivational Theory in Exercise and Health

Students may select courses from any combination of the focus area lists to expand their knowledge in different areas. The lists are separated into several categories that span the field of exercise and health optimization.

Students may apply up to six additional credits of EXW 484 Internship toward the Focus Area requirement. Completions

Requirement	Minimum Grade	Credit Hours
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beyond nine credit hours will apply toward university electives.

College of Health Solutions Requirements

CHS 100 Optimizing Your Health and Performance (SOBE)

OR CHS 300 An Exploration of Well-Being (SOBE)

C 3

First-year students should take CHS 100. Students who enter with more than 30 credits should take CHS 300.

College of Health Solutions students must complete three credits of Experiential Learning coursework. This requirement is fulfilled for Clinical Exercise Science, BS students by the required EXW 484 Internship course. If interested, students may explore additional [experiential learning opportunities](#).

Foundational Courses

BIO 201 Human Anatomy and Physiology I (SCIT)

C 4

BIO 202 Human Anatomy and Physiology II (SCIT)

C 4

CHM 101 Introductory Chemistry (SCIT)

OR CHM 113 General Chemistry I (SCIT)

C 4

HCD 300 Biostatistics (QTRS)

OR PSY 230 Introduction to Statistics (QTRS)

OR STP 226 Elements of Statistics (QTRS)

OR STP 231 Statistics for Life Science (QTRS)

C 3

MAT 117 College Algebra (MATH)

OR MAT 170 Precalculus (MATH)

C 3

NTR 241 Human Nutrition

C 3

PSY 101 Introduction to Psychology (SOBE)

C 3

Students interested in Physical Therapy school are recommended to take MAT 170 and CHM 113 toward the Foundation Courses requirements, and to complete CHM 116 as one of their university

electives.

ASU 101 or College-Specific First-Year Seminar

ASU 101 or college-specific equivalent First-Year Seminar required of all first-year students.

CHS 101 The ASU Experience for Health Solutions Students

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First-Year Composition

ENG 101 First-Year Composition **AND** ENG 102 First-Year Composition

OR ENG 105 Advanced First-Year Composition

C

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OR ENG 107 First-Year Composition **AND** ENG 108 First-Year Composition

Notes

All baccalaureate degree students must fulfill [university graduation requirements](#), including a minimum of 120 credit hours, with at least 45 credit hours in upper-division courses.

All undergraduate students must complete [General Studies requirements](#).

[Mathematics Placement Assessment](#) score determines placement in first mathematics course.

Students should work with their academic advisor, and consider course prerequisites, in order to complete all degree requirements in four years.

For student resources, including academic advising appointment scheduling, forms and policies, internship information, involvement/research opportunities and more, visit the [College of Health Solutions website](#).

Students interested in pursuing health-related professional and graduate programs should explore [pre-health resources](#), including Pre-Health 101 Workshops and Pre-Health Advising.

Career preparation resources are available through [Career Services](#).

General Studies designations listed next to courses were valid for the 2026 - 2027 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.