

# EXERCISE SCIENCE AND PRE-HEALTH PROFESSIONS

Chair: Joan Eckerson

Department Office: Criss Health Sciences Complex, Room 463

Exercise Science is the study of the human body's metabolic and physiological response and adaptation to acute and chronic exercise. The coursework encompasses several disciplines including human anatomy, human physiology, exercise physiology, biochemistry, biomechanics, and nutrition that provide a framework for the development of exercise and nutrition-based intervention programs for disease prevention, enhanced human performance, and therapeutic rehabilitation. The Exercise Science & Pre-Health Professions major prepares students for admission into several health-related professional programs including physical therapy, occupational therapy, medicine, physician assistant, dentistry, accelerated nursing, and cardiopulmonary rehabilitation. The curriculum also prepares students to become nationally certified by the American College of Sports Medicine and the National Strength and Conditioning Association for employment as Certified Exercise Physiologists, Certified Personal Trainers, and Certified Strength and Conditioning Specialists.

## Specific Requirements for Admission to Exercise Science and Pre-Health Professions

Enrollment is based upon the following requirements: A minimum of 30 credits in Creighton University coursework; a grade of "C" or better in the requisite courses, BIO 201, BIO 202, BIO 205, BIO 206, CHM 203, CHM 204, CHM 205, and CHM 206; and in good standing before declaring the major. Students apply for admission to the major through the College of Arts and Sciences website.

## Prerequisite Courses:

Code	Title	Credits
<b>Requisite Courses</b>		
BIO 201	General Biology: Organismal and Population	3
BIO 202	General Biology: Cellular and Molecular	3
BIO 205	General Biology: Organismal and Population Laboratory	1
BIO 206	General Biology: Cellular and Molecular Laboratory	1
CHM 203	General Chemistry I	3
CHM 204	General Chemistry I Laboratory	1
CHM 205	General Chemistry II	3
CHM 206	General Chemistry II Laboratory	1

## B.S., Exercise Science and Pre-Health Professions requirements (41-42 credits)

Code	Title	Credits
<b>Required courses:</b>		
EXS 125	First Aid	2
EXS 240	Foundations of Fitness and Wellness	3
EXS 320	Human Physiology	4
EXS 331	Human Anatomy	4
EXS 335	Exercise Physiology	4
EXS 391	Career Preparation and Professionalism	3
EXS 401	Exercise Prescription	3
EXS 407	Basic Statistics and Research Design	3

EXS 450	Nutrition Health&Sports Perfor	3
EXS 489	Laboratory Methods and Procedures	4
EXS 334	Biomechanics	3-4
or EXS 534	Neuromechanics of Human Movement	
EXS 492	Exercise Science Internship	2
or EXS 497	Directed Independent Research	
<b>Elective - choose one course from the following:</b>		<b>3</b>
EXS 395	Lower Body Evaluation	
EXS 420	Essentials of Strength and Conditioning	
EXS 535	Applied Immunology	
<b>Total Credits</b>		<b>41-42</b>