

Bachelor of Science in Exercise Physiology

The Bachelor of Science in Exercise Physiology (B.S.E.P.) degree is based on the desired educational content and outcomes (knowledge, skills, and abilities) listed by the American College of Sports Medicine (ACSM), the American Society of Exercise Physiologists (ASEP), the National Association for Sport and Physical Education (NASPE), and the National Strength and Conditioning Association (NSCA).

Selected Educational Outcomes

Students who graduate with a B.S.E.P. degree will be able to demonstrate:

1. Knowledge in basic functional anatomy, biomechanics, electrocardiography, and physiological responses to exercise.
2. Knowledge of nutrition and body composition as related to exercise performance and health maintenance.
3. Knowledge of electrocardiography, submaximal and maximal exercise testing procedures, and techniques related to health and fitness assessments.
4. Administrative and leadership skills for exercise programs in a variety of clinical and non-clinical settings.
5. Knowledge of assessment, evaluation, and education of various populations in clinical and non-clinical settings regarding physical activity and healthful lifestyles.

Examples of Outcome Assessments

Students who graduate with a B.S.E.P. degree will be able to:

1. Develop, through written, oral, and practical examinations, a scientifically based and medically safe fitness assessment and exercise prescription.
2. Interpret successfully, through written, oral, and practical examinations, the results of health and fitness assessments and demonstrate proficiency in exercise and nutrition prescription for an individualized program for exercise performance and health maintenance.
3. Demonstrate applied competency in electrocardiography interpretation, submaximal and maximal exercise testing, which includes gas analysis, body composition analysis techniques, risk stratification utilizing health and fitness assessments, and various other tests to determine aerobic and anaerobic capacity.
4. Successfully meet VSU guidelines for academic credit for participating in an internship program.
5. Sit for at least one certification examination as offered by the American College of Sports Medicine (ACSM), the American Society of Exercise Physiologists (ASEP), and the National Strength and Conditioning Association (NSCA).

Admission Requirements

Students interested in pursuing a Bachelor of Science in Exercise Physiology should declare their major as "Pre-Exercise Physiology." Admission into the Exercise Physiology program of study is competitive and not guaranteed. Minimum requirements to be considered for admission to the program are:

1. a declared Pre-Exercise Physiology major
2. completion of all courses in Areas A-F of the Core Curriculum as it pertains to the Exercise Physiology curriculum
3. a 3.0 cumulative, overall grade point average
4. a grade of "C" or better in all Area A, D, and F courses, including lab sections
5. completion of the Health Occupations Basic Entrance Test (HOBET)
6. meeting the application deadline for the semester of entry

Retention Requirements

Any student receiving two grades below a "C" in any of the B.S.E.P. coursework at the 3000 and 4000 level will be dismissed from the Exercise Physiology program.

Requirements for the Bachelor of Science in Exercise Physiology Degree

Core Curriculum

Core Areas A-E (see VSU Core Curriculum) 60 42

Exercise Physiology majors are required to take MATH 1101 or MATH 1111 in Area A. In Area D, Exercise Physiology majors may follow D.1, D.2, or D.2.b. However, they must choose at least one class in chemistry and at least one class in biology.

Area F Requirements

ACED 2400 or CS 1000	Computer Technology for the Workplace Introduction to Microcomputers and Applications	3
BIOL 2651 & BIOL 2652	Human Anatomy and Physiology I and Human Anatomy and Physiology II	8

MATH 2620	Statistical Methods	3
Math or Science Elective		4
Professional Program Requirements		60
HSEP 3010	Exercise Testing and Prescription I	3
HSEP 3011	Exercise Testing and Prescription II	3
HSEP 3050	Care and Prevention of Exercise-Related Injuries	3
HSEP 3200	Nutrition for Health and Human Performance	3
HSEP 3020	Assessments in Exercise Physiology	3
HSEP 3360	Chronic Disease Epidemiology	3
HSEP 3410	Biomechanics	3
HSEP 3420	Exercise Physiology	3
HSEP 3430	Kinesiology	3
HSEP 3650	Resistance and Training Program Development	3
HSEP 4210	Clinical Exercise Physiology	3
HSEP 4070	Exercise Cardiopulmonary Physiology	3
HSEP 4080	Exercise Electrocardiography	3
HSEP 4040	Pediatric Exercise Physiology	3
HSEP 4130 & HSEP 4510	Exercise Cardiopulmonary Rehabilitation and Exercise Physiology Practicum	6
HSEP 4550	Exercise Physiology Internship	12
Total hours required for the degree		120