

EXERCISE SCIENCE (B.S.)

The Bachelor of Science (B.S.) in Exercise Science program curriculum focuses on health, wellness, and maximizing the performance of athletes, fitness-oriented persons, and special populations such as children and older adults. Students learn how the body responds to activity and exercise throughout the lifespan. Students also learn how the body can attain a higher level of wellness and/or increase performance capabilities.

The Exercise Science program prepares graduates for entry level careers that deal with the enhancement of individual health and/or performance capabilities. Graduates are also provided with the background necessary for advanced study in exercise science or other health-related disciplines including athletic training, physician assistants, physical therapy, occupational therapy, medicine, sports nutrition, and sports psychology.

Exercise Science students will sit for either the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) or the American College of Sports Medicine (ACSM) Certified Exercise Physiologist (CEP) exam during their last semester. For successfully meeting established criteria, the National Strength and Conditioning Association officially recognizes Florida Gulf Coast University's Educational Program in Strength and Conditioning. The American College of Sports Medicine (ACSM) recognizes the FGCU campus at the Gold level status for Exercise is Medicine (EIM).

Program Progression and Additional Graduation Requirements

- Complete an Exercise Science program portfolio, which includes the following:
 - Resume
 - Responses to Section 2 and Section 3 on the Exercise Science portfolio development guidelines
- Submit the following materials:
 - Exercise Science Technical Standards Signature form (signed by physician)
 - Physical Exam Form (signed by physician)
 - Present/Future Coursework Planning Sheet
 - Program Prerequisite Reporting Sheet
 - Immunization Form
 - Establish an account for submission of required immunizations and health insurance information through the designated tracker
- Complete BSC 1010C with a minimum grade of "B-" (B minus) by the end of Semester 1.
- Complete PSY 2012 and MAC 1105 with a minimum grade of "C" by the end of Semester 1.
- Complete BSC 1085C with a minimum grade of "B-" (B minus) by the end of Semester 2.
- Complete MAC 1147 with a minimum grade of "C" by the end of Semester 2.
- Complete BSC 1086C with a minimum grade of "B-" (B minus) by the end of Semester 3.
- Complete CHM 1045 & CHM 1045L with a minimum grade of "C" by the end of Semester 3.
- Complete PHY 2053/L & HSC 2577 with a minimum grade of "C" by the end of Semester 4.

- Complete all other required lower division requirements (general education, CLWS, INKN, Civic Literacy and earning 60 credits) with a minimum grade of "C" by the end of the summer term immediately following Semester 4.
- Students must have an institutional GPA (or cumulative GPA in Gulfline, includes FGCU credits and grades) of 2.5 or higher by the end of Semester 4.
- Students must follow a pre-approved Program of Study approved by the student's faculty advisor.
- A student must perform at the appropriate level of generic abilities and criteria throughout the Exercise Science Program as outlined in the Professional Behaviors Plan.
- For Experiential Learning I & II, the Exercise Science program will attempt to place students at an approved site. In some situations, students will need to secure their own pre-approved placement which must meet the Exercise Science program's requirements for community site education. Please see the Exercise Science program website for additional criteria on Experiential Learning.

For timely degree completion, students must complete appropriate milestones. Failure to meet milestone requirements may result in required major reselection. Refer to the program website or Student Guidebook for further information on milestones and progression standards.

In addition to the program requirements, students must:

- Complete a minimum of 120 credits.
- Complete a minimum of 48 credits at the upper division (3000-4999 level).
- Satisfy the residency requirement: 30 of the last 60 credits must be completed at FGCU.
- Earn a cumulative GPA of 2.0 for all coursework attempted at FGCU.
- Complete all Required Courses in the Major with a minimum GPA of 3.0.
- Earn a minimum grade of C for all Exercise Science major courses.
- Satisfy the College-Level Skills and foreign language entrance requirements.
- Satisfy the Service-Learning requirement.
- Satisfy the Civic Literacy requirement.
- Perform at Entry Level in all criteria of the Professional Behaviors Plan.
- Submit an application for graduation by the deadline listed in the FGCU Academic Calendar.
- Meet all FGCU requirements for graduation.
- Adhere to requirements as stated in the Exercise Science Student Guidebook.
- Complete the summer course enrollment requirement.

Program Requirements

Code	Title	Credits
FGCU General Education Program (https://www.fgcu.edu/academics/undergraduatestudies/generaleducation/)		
To prevent or minimize excess hours, select general education courses that satisfy common prerequisite requirements for your intended major.		
Common Prerequisites		

For this major, common prerequisite courses with an asterisk (*) require prior knowledge and skills demonstrated through degree acceleration programs (e.g., the College Board's Advanced Placement Program [AP], International Baccalaureate Program [IB], College-Level Examination Program [CLEP], Advanced International Certificate of Education Program [AICE]); dual enrollment; placement exam; or college coursework.

BSC 1010C	General Biology with Lab I (Acceptable Substitute: BSCX010C or (BSCX010 and BSCX010L) Minimum grade of B-)	4
BSC 1085C	Hum Anat & Physio w/Lab I (Acceptable Substitute: BSCX085C or (BSCX085 and BSCX085L) or (PETX322 and PETX322L) or APKX100C or (BSCX093 and BSCX093L) Minimum grade of B-)	4
BSC 1086C	Hum Anat & Physio w/Lab II (Acceptable Substitute: (BSCX086 and BSCX086L) or PETX323C or APKX105C or (BSCX094 and BSCX094L) Minimum grade of B-)	4
CHM 1045 & 1045L	General Chemistry I and General Chemistry I Laboratory (Acceptable Substitute: CHMX045C or (CHMX045 and CHMX045L) Minimum grade of C) ^{*,1}	4
HSC 2577	Nutri Human Health & Wellness (Acceptable Substitute: HUNX201 Minimum grade of C)	3
MAC 1147	Precalculus (Acceptable Substitute: MACX147 or MACX311 or (MACX140 and MACX114) Minimum grade of C) ^{*,1}	4
PSY 2012	General Psychology (Acceptable Substitute: PSYX012 Minimum grade of C)	3
PHY 2053 & 2053L	College Physics I and College Physics I Laboratory (Acceptable Substitute: PHYX053C or (PHYX053 and PHYX053L) or PHYX048C or (PHYX048 and PHYX048L) Minimum grade of C) ^{*,2}	4

Required Courses in the Major (57 credits)

APK 3125	Fitness Assess/Ex Prescription	3
APK 3125L	Fitness Assessment Lab	2
APK 3141C	Anat and Biomech Human Mvmt 1	4
APK 3142C	Anat and Biomech Human Mvmt 2	4
APK 3312	Pharm & Ergo Aids Sport & HP	3
APK 4050	Evidence Based Practice	3
APK 4112	Sport & Human Exer Psychology	3
APK 4120	Clinical Exercise Physiology	3
APK 4123	Human Perf and Energy Supplies	3
APK 4137	Exercise and Sport Physiology	4
APK 4137L	Exercise and Sport Phys Lab	2
APK 4138	Methods of RT & Conditioning	3
APK 4138L	Method Resistance Training Lab	2
APK 4930	PDS II Prep for Entering	2
APK 4941L	Experiential Learning I	5
APK 4948L	Experiential Learning II	5
APK 4951	Capstone in Exercise Science (capstone)	3
PET 3627C	Care & Prevent HP Injuries	3

Sustainability Course Graduation Requirement (3 credits)

Select at least 3 credits in sustainability coursework (SCGR Attribute)

Additional Electives

As needed to reach total credits required for the degree

- ¹ Prerequisites of MAT 1033 Intermediate Algebra minimum grade of C then MAC 1105 College Algebra minimum grade of C; or relevant accelerated credit; or placement exam
- ² Prerequisites of MAT 1033 Intermediate Algebra minimum grade of C then MAC 1105 College Algebra minimum grade of C then MAC 1147 Precalculus minimum grade of C; or relevant accelerated credit; or placement exam

Total Credits Required: 120