

Exercise Science & Human Performance

<https://www.carlow.edu/healthcare/bs-in-exercise-science-and-human-performance/>

Concentrations and required coursework listed below

First Year Fall

CTC101 Connecting to Carlow – 1 credit

SKW101 Foundations of Writing I – 3 credits

SKQ101 Quantitative Reasoning – 3 credits

BIO120 Foundations of Organismal Biology – 4 credits

CHM111/113 General Chemistry I w/Lab – 4 credits

MAT100 Basic Algebra – 1 credit

First Year Spring

SKW102 Foundations of Writing II – 3 credits

SKC101 Communication: Personal to Professional – 3 credits

BIO110 Foundations in Molecular & Cell Biology – 4 credits

CHM112/114 General Chemistry II w/Lab – 4 credits

Contemplation & Action Elective – 3 credits

Second Year Fall

MAT150 Precalculus – 3 credits

BIO205 Anatomy & Physiology I – 4 credits

PCS201/203 General Physics I w/Lab – 4 credits

EXSC101 Introduction to Exercise Science – 3 credits

Critical Exploration Elective – 3 credits

Second Year Spring

MAT115 Basic Applied Statistics – 3 credits

BIO206 Anatomy & Physiology II – 4 credits

PCS202/204 General Physics II – 4 credits

EXSC210 Exercise Physiology – 3 credits

Compass Elective – 3 credits

Third Year Fall

EXSC220 Biomechanics – 3 credits

EXSC230 Motor Learning & Control – 3 credits

EXSC320 Strength & Conditioning – 3 credits

EXSC370 Cardiovascular Training Techniques – 3 credits

Health Behavior Psychology – 3 credits

Compass Elective – 3 credits

Third Year Spring

EXSC310/3101 Exercise Testing Prescription w/Lab – 4 credits

EXSC250 Research Methods & EBP Junior Seminar – 3 credits

Compass Elective – 3 credits

Concentration course – 3 credits

Concentration course – 3 credits

Fourth Year Fall

EXSC495 Senior Capstone Proposal – 1 credit

Concentration course – 3 credits

Concentration course – 3 credits

Concentration course – 3 credits

Concentration course – 3 credits

Fourth Year Spring

EXSC490 Internship/Field Experience – 3 credits

EXSC496 Senior Capstone Project – 3 credits

Concentration course – 3 credits

Concentration course – 3 credits

Concentration: Health Coaching & Personal Wellness Track Electives

Ethical & Legal Aspects of Coaching – 2 credits

Technology in Exercise & Performance – 3 credits

Foundations of Business Management – 3 credits

Business/Client Communication – 2 credits

Marketing & Branding – 2 credits

Lifestyle-related Health Conditions (required) – 3 credits

Personal & Group Fitness (required) – 3 credits

Sleep & Stress Management & Mindfulness (required) – 3 credits

Nutrition for Health Coaching – 3 credits

Foundations of Health & Wellness Coaching (required) – 2 credits

Advanced Health Coaching Applications (required) – 3 credits

Clinical Exercise Physiology – 3 credits

Advanced Exercise Physiology – 3 credits

Concentration: Sport Performance & Management Track Electives

Ethical & Legal Aspects of Coaching/Sports Management Ethics – 3 credits

Foundations of Business Management/Introduction to Sports Management – 3 credits

Sports Law – 3 credits

Social Issues in Sports – 3 credits

Marketing & Branding/Sports Marketing – 3 credits

Introduction to Performance Coaching (required) – 3 credits

Technology in Exercise & Performance – 3 credits

Sport Performance Practicum – 3 credits

Corrective Exercise & Movement Screening (required) – 3 credits

Psychology of Return-to-Sports (required) – 3 credits

Advanced Strength & Conditioning (required) – 3 credits

Performance & Recovery Therapy Techniques (required) – 3 credits

Sports Nutrition (required) – 3 credits