

# LINDENWOOD

LINDENWOOD UNIVERSITY

ST. CHARLES, MISSOURI

## **Addendum to the 2013/2014 Undergraduate Catalog**

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## Revision to p. 69

### **Bachelor of Science in Exercise Science**

*67-70 hours*

The Bachelor of Science in Exercise Science requires completion of the following courses:

BIO 12100 Nutrition

HFS 16000 First Aid/CPR/Sports Injuries

HFS 22000 Motor Learning and Rhythmic Activity

HFS 31000 Kinesiology of Physical Education

PE 32000 Psychological and Sociological Aspects of PE

PE 35600 Theory and Methods of Coaching Weight Training

AT 28500 Introduction to Athletic Training

or HFS 20400 Care and Prevention of Athletic Injuries

EXS 25000 Foundations of Sport and Exercise Science

EXS 26000 Concepts of Conditioning

EXS 28000 Applied Anatomy

or BIO 22700 Human Anatomy & Physiology I

EXS 28500 Applied Physiology

or BIO 22800 Human Anatomy & Physiology II

EXS 30000 Sport and Fitness Administration

EXS 31500 Physiology of Exercise

EXS 31600 Physiology of Exercise Lab

EXS 31700 Advanced Exercise Physiology

EXS 32500 Biomechanics

EXS 34000 Nutrition for Performance

EXS 38500 Advanced Strength Training Techniques

EXS 38900 Exercise Testing

EXS 41000 Exercise Prescription and Implementation

EXS 43000 Physical Activity for Specific Populations

EXS 44000 Internship

Additional requirements include: CHM 10000, BIO 10000, PSY 10000, MTH 14100 or MTH 24100, and MTH 15100.

See an exercise science advisor.