

BACHELOR OF SCIENCE



EXERCISE SCIENCE

Tiffin University's exercise science program is structured to provide students with a solid foundation for understanding how and why humans move. This interdisciplinary program includes courses from the fields of biology, chemistry and exercise physiology. Through our program, you will understand the essential role of physical activity and exercise in the prevention, treatment and recovery from a variety of disease conditions.

Participate in hands-on laboratory experiences in our Exercise Science Lab. The Lab is equipped with instruments, such as heart rate monitors, electromyography systems (EMG) and sprint bikes for students to practice the new knowledge they acquired in the classroom. You will perform studies on body composition, flexibility, maximum oxygen uptake (VO₂max), musculoskeletal fitness, biomechanics and thermodynamics, to name a few.

According to the U.S. Bureau of Labor Statistics, the demand for employment for athletic trainers is expected to grow 19 percent from 2018 to 2028. The median annual wage for trainers was \$48,440 in May 2019. Employment for exercise physiologists is projected to grow 10 percent from 2018 to 2028. The median annual wage for exercise physiologists was \$49,170 in May 2019.

Exercise Science

Major: 122 hours

- BIO210 General Biology I
- BIO210L General Biology I Lab
- BIO211 General Biology II
- BIO211L General Biology II Lab
- CHM131 General Chemistry I
- CHM131L General Chemistry I Lab
- CHM132 General Chemistry II
- CHM132L General Chemistry II Lab

Students majoring in Exercise Science must earn a minimum of a 2.5 GPA at the completion of either the BIO course sequence or the CHM course sequence above, in order to continue in the major.

- BIO311 and BIO311L Human Anatomy and Physiology I + Lab
- BIO312 and BIO312L Human Anatomy and Physiology II + Lab
- EXS146 Introduction to Exercise Science
- EXS225 Motor Development
- EXS315 and EXS315L Biomechanics of Sport and Exercise + Lab
- EXS316 Nutrition for Sport and Exercise
- EXS322 Kinesiology
- EXS422 and EXS422L Exercise Physiology + Lab
- EXS442 and EXS442L Exercise Testing and Prescription + Lab
- EXS475 Research Methods in Exercise Science
- NAT112 First Aid/CPR/AED
- NAT124 Introduction to Athletic Training
- NAT260 Lifetime Fitness and Wellness
- PSY101 Introduction to Psychology
- SOC101 Introduction to Sociology
- SAS470 Internship



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