



THOMAS MORE
UNIVERSITY

Exercise Science and Health Strategies

Dual-Credit Pathway

Pathway Description:

The exercise science program prepares students to evaluate health behaviors, identify biomechanical risk factors, and develop a comprehensive health and fitness program for a variety of individuals or groups. The students will have the ability to utilize these skills based on their knowledge obtained through their coursework (i.e. exercise physiology, kinesiology, and biomechanics).

Pathway Courses:

<u>Course</u>	<u>Title</u>
EXS 105	Foundations of Exercise Science
Pick from one of the following:	<ul style="list-style-type: none">• EXS 150 - Science for Society, Health and Wellness• EXS 220 – Intro to Sports Nutrition• EXS 250 - Kinesiology
PSY 105	Introduction to Psychology
MAT 205	Introductory Statistics

Pathway Course Descriptions:

- **EXS 105 – Foundations of Exercise Science**
 - Description: This course introduces the students to various workplace settings as well as the various certification and licenses available in the health and fitness industry. In addition, this course will provide an introduction to exercise program design through review of general principles for designing exercise programs.
- **EXS 150 – Science for Society, Health and Wellness**
 - Description: This course is designed to assist students when making intelligent decisions throughout life in order to achieve an optimal level of wellness. Emphasis will be placed on the wellness concept and its relationship to fitness, nutrition, self-esteem, and stress management.
- **EXS 220 – Science for Society, Health and Wellness**
 - Description: This course introduces the functions of major nutrients and food sources of each. The course content includes principles of caloric, energy balance, and food choice.
- **EXS 250 – Science for Society, Health and Wellness**
 - Description: This course provides the student with an understanding of the human musculoskeletal system’s anatomy and kinetic function. Laws of mechanics are discussed as well as the application of physics to the movement of the human body.
- **PSY 105 – Introduction to Psychology**
 - *Note: This course can fulfill the Social Sciences core requirement at Thomas More.*



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- *Note: If you have taken AP Psychology, see additional notes below.*
- Description: An introduction to the field of Psychology and to the methods of study used by psychologists. Emphasis is placed on a scientific approach to understanding human behavior. Topics covered include the biological basis of behavior, sensation, perception, learning, memory, personality, abnormal behavior, and social behavior. PSY 105 is a prerequisite for all other Psychology courses. This course fulfills a core requirement in the social science category.
- **MAT 205 – Introductory Statistics**
 - *Note: This course can fulfill the Mathematics core requirement at Thomas More.*
 - *Note: If you have taken AP Statistics, see additional notes below.*
 - Prerequisite: MAT 093/094 or MAT 096 or minimum ACT Math score of 18 or minimum Math SAT score of 550 or minimum score of 70% on KYOTE exam
 - Second Century Inner Core: Mathematics
 - Description: An investigation of graphic methods, frequency distributions, percentiles, central tendency, variability, standard scores, normal and binomial distributions, hypothesis testing, and correlation. May not be taken if credit has been received for MAT 208

Certifications Earned:

- n/a

Additional Notes:

- Students taking AP Psychology earn credit for PSY 105 at TMU with a score of 3+.
- Students taking AP Statistics earn credit for MAT 205 at TMU with a score of 3+.

Links:

- Program website: <https://www.thomasmore.edu/program/exercise-science/>