

Health and Exercise Science Department

Carolyn Albright, PhD, Associate Professor

-Chair of the Health and Exercise Science Department

Chestnut Hill College offers a Bachelor of Science (B.S.) in Exercise Science. After successful completion of the program students will be prepared to sit for the American College of Sports Medicine Personal Training and/or Exercise Physiologist Certifications as well as the National Strength and Conditioning Certified Strength and Conditioning Specialist Certification. Anyone interested in the major should contact Dr. Carolyn Albright for more information. Email: albrightc@chc.edu. Telephone: 215-248-7136.

Program Mission

Provide a high quality education to develop professionals that have a strong understanding of the scientific and behavioral aspects of fitness and wellness that can be used to promote health and wellness throughout the community and the world.

The Physical Education liberal arts program offers a variety of physical activity courses that provide an opportunity for students to develop various physical activity skills as well as improve health and quality of life. Please contact Carrie Albright for more information about this program. Telephone: 215.248.7136. Email: albrightc@chc.edu. Courses are 1 Non-Academic credit unless indicated.

Core Physical Education Requirement

All Physical Education and Varsity Sports courses are Non-Academic and the credits do not count towards the minimum required for graduation; however, to fulfill the *Core Physical Education Requirement*, all students must pass two semesters of Physical Education or Varsity Sports. Physical Education activities offered vary from semester-to-semester and courses include:

Physical Education:

PHED-108: Body Sculpt
PHED-113: Fitness Swim
PHED-115: Beginner Swim
PHED-117: Karate

PHED-119: Zumba
PHED-123: Pilates/Fitness Ball/Yoga
PHED-143: Racquet Sports/Theme Varies
PHED-145: Aqua Experience

Participation in a Varsity Sport can be used to meet the *Core Physical Education Requirement*, provided the student completes the entire season. Courses are Non-Academic; credits do not count towards the minimum required for graduation. Not all Varsity Sports are played every semester. Check with the Athletic Department for additional information on the following:

Varsity Sports:

VAR-100: Varsity Sports /Women's Soccer
VAR-101: Varsity Sports /Men's Soccer
VAR-102: Varsity Sports /Women's Tennis
VAR-103: Varsity Sports Team Participation/Men's Tennis
VAR-104: Varsity Sports /Cross Country
VAR-106: Varsity Sports /Women's Volleyball
VAR-107: Varsity Sports /Women's Basketball
VAR-108: Varsity Sports /Men's Basketball
VAR-109: Varsity Sports /Women's Lacrosse

VAR-110: Varsity Sports /Men's Lacrosse
VAR-111: Varsity Sports /Women's Softball
VAR-112: Varsity Sports /Men's Baseball
VAR-113: Varsity Sports /Golf
VAR-114: Varsity Sports/ Track and Field
VAR-116: Varsity Sports/ Sprint Football
VAR-117: Varsity Sports/Women's Bowling

Major in Exercise Science

A minimum Career GPA of 2.00 and a minimum Major GPA of 2.00 are required for graduation. Students must earn a grade of C- (1.70) or better to successfully complete the requirements for the Major. Courses are 3 credits unless indicated and may not be offered every semester.

Requirements for the Major in Exercise Science

BIOL-111: Principles of Biology I (4 credits)
BIOL-112: Principles of Biology II (4 credits)
BIOL-203: Anatomy and Physiology I (4 credits)
BIOL-210: Nutrition (4 credits)
BIOL-303: Anatomy and Physiology II (4 credits)
CHEM-131: Principles of Chemistry I (4 credits)
EXSC-101: Introduction to Exercise Science and Wellness
EXSC-102: Wellness in America Seminar
EXSC-270: Exercise and Sport Psychology
EXSC-301: Kinesiology
EXSC-302: Exercise Psychology (4 credits)
EXSC-303: Research Methods in Exercise Science (Writing Intensive)
EXSC-304: Personal Training and Exercise Leadership
EXSC-305: Exercise Training and Prescription
EXSC-306: Nutrition for Exercise and Health
EXSC-401: Internship in Exercise Science
EXSC-402: Fitness and Wellness for Special Populations

EXSC-403: Foundations of Strength and Conditioning

EXSC-498: Senior Seminar in Exercise Science

PSYC-101: General Psychology

One Statistics Elective

Statistics Electives:

MATH-227: Introduction to Probability and Statistics

MATH-262: Probability and Statistics

PSYC-216: Quantitative Methods in Psychology

Sample Academic Plan

Major in Exercise Science

This is a *suggested academic plan only*; it is not meant to address each student's individual requirements or interests. Students will develop a personalized plan with a Faculty Advisor; however, it is the student's responsibility to be aware of, register for, and successfully complete all of the requirements for graduation in the Major. The minimum number of Academic Credits required for graduation is 120.

Year One/Fall 13 academic credits/15 credits total	Year One/Spring 16 academic credits
BIOL-111: Principles of Biology I (4 credits) EXSC-101: Introduction to Exercise Science FILA-120: Foundations in the Liberal Arts Foreign Language Requirement FYIN-120: First Year Initiative (1 credit non-academic) Physical Education Requirement #1 (1 credit non-academic)	BIOL-112: Principles of Biology II (4 credits) ENGL-101: College Writing EXSC-102: Wellness in America Seminar Foreign Language Requirement or General Elective RLST-104: The Religious Imagination
Year Two/Fall 15 academic credits	Year Two/Spring 17 academic credits
BIOL-203: Anatomy & Physiology I (4 credits) Core Ethics Requirement (BIOL-215) GLST-201: Global Awareness Seminar PSYC-101: General Psychology Core Mathematics Requirement	BIOL-303: Anatomy & Physiology II (4 credits) BIOL-210: Nutrition (4 credits) EXSC-270: Exercise and Sport Psychology Core Religious Studies 200-Level Requirement Statistics Elective
Year Three/Fall 14 academic credits/15 credits total	Year Three/Spring 15 academic credits
CHEM-131: Principles of Chemistry I (4 credits) EXSC-301: Kinesiology EXSC-302: Exercise Physiology (4 credits) General Elective #1 Physical Education Requirement #2 (1 credit non-academic)	Core History Requirement EXSC-304: Personal Training and Exercise Leadership EXSC-305: Exercise Training and Prescription EXSC-306: Nutrition for Exercise and Health General Elective #2
Year Four/Fall 15 academic credits	Year Four/Spring 15 academic credits
Core Literature Requirement EXSC-303: Research Methods in Exercise (<i>Writing Intensive</i>) EXSC-401: Internship in Exercise Science EXSC-410: Fitness and Wellness for Special Populations General Elective #3	Core Arts Requirement EXSC-402: Foundations of Strength and Conditioning EXSC-498: Senior Seminar in Exercise Science General Elective #4 General Elective #5