



EXERCISE SCIENCE

FOUR YEAR PLAN

SCHOOL OF KINESIOLOGY
SOUTHERN NAZARENE UNIVERSITY

SNU
1899



EXERCISE SCIENCE

ABOUT

The Exercise Science degree is designed to prepare students to become fitness professionals and to gain a wealth of knowledge in the health sciences. The courses provide students an opportunity to seek a variety of fitness certifications including the National Academy of Sports Medicine's (NASM) Certified Personal Trainer, NASM's Performance Enhancement Specialist, NASM's Corrective Exercise Specialist, the National Strength & Conditioning Association's (NSCA) Certified Strength

and Conditioning Specialist, and the NSCA's Certified Special Populations Specialist. In addition, the curriculum is designed to provide students the pre-requisite courses and knowledge that is needed to successfully pursue certifications through the NASM, the NSCA, the American College of Sports Medicine (ACSM), and a variety of accredited fitness certifying agencies. The curriculum also provides a solid foundation for students to pursue further education in exercise physiology, physical therapy, occupational therapy, athletic training and a variety of other allied health disciplines.

DEGREE PLAN

***The courses listed are for this specific program and are in addition to the general education courses required for all students. See the General Education brochure or go to snu.edu/gen-ed for more information on those courses.*

- 01 Foundations of Kinesiology
Teaching & Performance of Weight Training
First Aid & CPR
Care & Prevention of Athletic Injuries
- 02 Human Anatomy
Fitness Assessment & Technology
Personal & Community Health
College Algebra
Sports Psychology
- 03 Human Physiology
General Chemistry
Nutrition
Essentials of Personal Fitness Training
Essentials of Sports Performance Training
Exercise Physiology
Special Populations
Exercise Technique, Testing & Prescription
- 04 Biomechanics
Organization, Leadership, and Management
Program Design for Strength & Conditioning
Research Measurement & Evaluation
Scientific Principles of Strength & Conditioning
Internship



"I have many different memories that I have made just by being in the kinesiology building. Over the last few years I've gotten to know my classmates and faculty well. One of my favorite memories would have to be our meaningful conversations and growing together in our shared interests."

-Will Bates

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