

# Exercise and Sports Studies

at Benedictine University

#### Why study exercise and sports studies at Benedictine?

Benedictine now offers a Bachelor of Arts (B.A.) in Exercise and Sports Studies in addition to the B.A. in Physical Education. The B.A. in Exercise and Sports Studies offers students an opportunity to enter the fields of health, fitness and athletics outside of a teacher education program.

# Which major is right for me, Exercise and Sports Studies or Physical Education?

The B.A. in Exercise and Sports Studies is right for you if:

- You wish to enter the fields of health, fitness or athletics.
- You want to enter a master's level program in Clinical Exercise Physiology.

The B.A. in Physical Education is right for you if:

- You want to enter into a teacher education program focusing on the area of physical education.
- You want a teaching career in a K-12 school setting.

#### What careers are available with a degree in Exercise and Sports Studies?

Career choices of Exercise and Sports Studies majors include:

- Collegiate or professional athletics
- College/University strength and conditioning
- Health and fitness industry
- Personal training
- Corporate fitness

- Community organizations (YMCA, park districts, etc.)
- Hospital medical facility

## How does the program work?

The Exercise and Sports Studies major consists of:

Education: Foundational courses in Physical Education\*

Sport applications: Additional courses in current issues, sport administration, sport psychology, sport law, drugs in society and prevention and care of athletic injuries provide the wider range of knowledge, skills and abilities necessary to work in diverse health and fitness settings.

*Practical experience*: Field experience in internship courses is required to expose students to professional practice in the field.

Research methods: A capstone writing project and presentation requires students to demonstrate an understanding of basic independent research skills.

\* Required courses do not count toward teacher certification.

# Recommended Program

# Bachelor of Arts in Exercise and Sports Studies

FRESHMAN		SOPHOMORE	
Writing Colloquium College Algebra Religions/Theological (QRT) course Social Scientific II: Political, Global and Economic Systems (QPE)	3 3 3 12	Philosophy and Foundations of Physical Education Assessment and Teaching for Lifetime Physical Fitness Teaching Team Sport and Activities Intro to Chemistry	3 2 2 3
Research Writing Basic Speech Artistic and Creative (QCA) course Literary and Rhetorical (QLR) course Philosophical (QPL) course	3 3 3 3 3	Catholic and Benedictine Intellectual Traditions (IDS 201) Nutrition in Health and Exercise  Teaching Individual and Sport Activities	3 3 16
JUNIOR	15	Field Experience* Growth and Development of Children and Adolescents	3
Sport Administration Activity Course Applied Exercise Science Social Scientific I: Individuals,	3 1 4	Anatomy and Physiology First Aid and CPR  SENIOR	3 4 14
Organizations and Societies (QIO) Sport Psychology	3 3 14	Research Methods/Final Writing Project Drugs in Society Elective	3 3
Kinesiology Intro to Statistics Prevention and Care of Athletic Injuries	3 3 3	Elective	3 12
Activity Course Philosophical (QPL) course	1 3	Internship** Current Issues Human Dignity and the Common	6 3
Sport Law	3 16	Good (IDS 301) Elective	3 3 15

<sup>\*</sup>Students entering into PHED 299 Field Experience must have no less than a "C" grade in Modes of Inquiry electives and a cumulative GPA of 2.5.

<sup>\*\*</sup>Students entering into PHED Internship Experience must have a cumulative GPA of 2.5 and a GPA of 2.75 in major courses.

# Bachelor of Arts in Exercise and Sports Studies 4+1 Program with Master of Science in Clinical Exercise Physiology

The School of Education now offers a Bachelor of Arts (B.A.) in Exercise and Sports Studies 4+1 option in addition to the B.A. in Exercise and Sports Studies. The B.A. in Exercise and Sports Studies 4+1 offers students an opportunity to earn a Master of Science (M.S.) in Clinical Exercise Physiology with just one additional year of graduate work.

# Which major is right for me, the B.A. in Exercise and Sports Studies 4+1 or B.A. in Exercise and Sports Studies?

The B.A. in Exercise and Sports Studies 4+1 is right for you if:

- You want a major with a stronger emphasis on biological sciences and exercise physiology.
- You want to enter into areas of clinical practice including cardiac rehabilitation and diagnostics.
- You want to sit for the American College of Sports Medicine's Registered Clinical Exercise Physiology credential.
- You want a career in:
  - Cardiac rehabilitation
  - Cardiac stress testing
  - Wellness and exercise programs targeting individuals with chronic diseases for which exercise
    is a proven therapy

The B.A. in Exercise and Sports Studies is right for you if:

- You want to enter into the areas of health, fitness or athletics.
- You want a career in:
  - Collegiate or professional athletics
  - College/University strength and conditioning
  - Health and fitness industry
  - Personal training
  - Corporate fitness
  - Community organizations (YMCA, park districts, etc.)
  - Hospital medical facility

# What does the Exercise and Sports Studies 4+1 program offer that the Exercise and Sports Studies major does not?

The B.A. in Exercise and Sports Studies 4+1 major consists of:

Biology: A full year of principles in biology, and a full year of coursework in anatomy and human physiology.

Chemistry: A combined organic and biochemistry course.

Exercise Physiology: A 300-level exercise physiology course.

*Graduate coursework:* The first two semesters of the graduate program in Clinical Exercise Physiology. Courses include Fitness Testing, Current Topics in Exercise Physiology, Advanced Cardiovascular and Respiratory Physiology, Cardiopulmonary Pathophysiology, Electrocardiogram (EKG) and Exercise Biochemistry.

# Recommended Program

Bachelor of Arts in Exercise and Sports Studies

4+1 Program with Master of Science in Clinical Exercise Physiology

#### **FRESHMAN**

Writing Colloquium College Algebra Religions/Theological (QRT) course Artistic and Creative (QCA) course Literary and Rhetorical (QLR) course	3 3 3 3 15	
Research Writing Basic Speech Philosophical (QPL) course Catholic and Benedictine Intellectual		
Traditions (IDS 201) Principles of Organismal Biology	3 3 15	
JUNIOR**		

Sport Psychology 300-level elective	3
Field Experience	2
PHED 100 level	1
200-or 300-level elective	3
Human Physiology	4
	16
Kinesiology	3
Social Scientific I: Individuals,	
Organizations and Societies (QIO)	3
Introduction to Statistics	3
Exercise Physiology	3
Human Anatomy	4
·	16

\*PHED 240 Teaching Team Sport and Activities or PHED 241 Teaching Individual Sport and Activities (2 semester credit hours).

Students must choose one Activity Course (1 semester credit hour).

Students must have a cumulative GPA of 3.0 after sophomore year to pursue the 4+1 option.

\*\*Students must choose one PHED Elective (3 semester credit hours).

Students must choose one Activity Course (1 semester credit hour).

Students must have a cumulative GPA of 3.25 after junior year to pursue the 4+1 option.

#### **SOPHOMORE\***

Philosophy and Foundations of Physical Education	3
Assessment and Teaching for Lifetime Physical Fitness	2
Social Scientific II: Political, Global and Economic Systems (QPE) Nutrition in Health and Exercise PHED 100 level Introduction to Chemistry	3 3 1 3 15
Teaching Individual or Team Sport First Aid and CPR Growth and Development of Children and Adolescents Principles of Biology Philosophical (QPL) course Introduction to Organic and Biochemistry	2 3 3 3 3
	10

#### **SENIOR**

Research Methods/Final Writing Project IDS 301 Human Dignity and the	3
Common Good	3
Applied Fitness Lab	1
Advanced Exercise Physiology I Professional Experiences in	1
Clinical Exercise Physiology	1
Advanced Cardio/Respiratory Physiology	3
	12
Internship	3
Drugs in Society	3
Cardiopulmonary Pathophysiology	
and Prevention	3
EKG Lab	1
Exercise Biochemistry and Metabolism	3
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# Recommended Program

Bachelor of Arts in Exercise and Sports Studies
4+1 Program with Master of Science
in Clinical Exercise Physiology

### Master of Science in Clinical Exercise Physiology

Summer		Fall	
Behavior Modification and Preventative		Advanced Exercise	
Complementary Health (EXPH 681)	3	Physiology (EXPH 662)	3
Exercise Physiology Lab III-Graded		Exercise Pharmacology (EXPH 663)	3
Exercise Testing (EXPH 623)	2	Internship (EXPH 690)	2
Laboratory Ethics/Laboratory		·	8
Procedures (EXPH 685)	2		
	7		
Spring		Summer	
Special Populations (EXPH 664)	3	Program Development and	
Applied Nutritional		Administration (EXPH 684)	3
Physiology (NUTR 542)	3	Exercise Physiology Lab IV-	
Internship (EXPH 690)	2	Comprehensive Exam (EXPH 624)	1
	8	·	4