



DEPARTMENT OF  
HIGHER EDUCATION &  
WORKFORCE DEVELOPMENT

**New Program Report**

**Date Submitted:**

01/16/2020

**Institution**

Rockhurst University

**Site Information**

**Implementation Date:**

8/1/2018 12:00:00 AM

**Added Site(s):**

**Selected Site(s):**

Rockhurst University, 1100 Rockhurst Road, Kansas City, MO, 64110

**CIP Information**

**CIP Code:**

510001

**CIP Description:**

A program of study that prepares individuals to assume roles as health/wellness professionals in private business and industry, community organizations, and health care settings. Includes instruction in personal health, community health and welfare, nutrition, epidemiology, disease prevention, fitness and exercise, and health behaviors.

**CIP Program Title:**

Health and Wellness, General

**Institution Program Title:**

Exercise Science

**Degree Level/Type**

**Degree Level:**

Bachelor's Degree

**Degree Type:**

Bachelor of Science

**Options Added:**

**Collaborative Program:**

N

**Mode of Delivery**

**Current Mode of Delivery**

Classroom

**Student Preparation**

**Special Admissions Procedure or Student Qualifications required:**

None



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Specific Population Characteristics to be served:

This degree will be attractive to students interested in health

### Faculty Characteristics

Special Requirements for Assignment of Teaching for this Degree/Certificate:

Faculty will meet HLC qualifications to teach. There are no other special requirements

Estimate Percentage of Credit Hours that will be assigned to full time faculty:

It is estimated that 75% or less of the faculty will be full time

Expectations for professional activities, special student contact, teaching/learning innovation:

Faculty are expected to meet the Roles and Responsibilities of the specific college they teach within

### Student Enrollment Projections Year One-Five

Year 1	Full Time: 30	Part Time: 0	
Year 2	Full Time: 30	Part Time: 0	
Year 3	Full Time: 30	Part Time: 0	Number of Graduates: 30
Year 4	Full Time: 30	Part Time: 0	
Year 5	Full Time: 30	Part Time: 0	Number of Graduates: 30

Percentage Statement:

50.00

### Program Accreditation

Institutional Plans for Accreditation:

RU is accredited by HLC with respect to this degree

### Program Structure

Total Credits:

128

Residency Requirements:

Final 30 hours must be in residence

General Education Total Credits:

52

Major Requirements Total Credits:

49

### Course(s) Added

COURSE NUMBER	CREDITS	COURSE TITLE
see attached	49	see attached

Free Elective Credits:

12



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### Internship or other Capstone Experience:

See attached PDF for Program Structure and courses Practicum in Exercise Science - Exercise Science majors participate in an internship in a business or health-related agency. Students must serve a minimum of 100 hours at the agency. Students complete weekly reports and participate in problem-solving assignments at the agency. Students may shadow their supervisor and/or assist with client care.

### Assurances

I certify that the program will not unnecessarily duplicate an existing program within the geographically applicable area.

I certify that the program will build upon existing programs and faculty expertise.

I certify that the institution has conducted research on the feasibility of the proposal and it is likely the program will be successful. Institutions' decision to implement a program shall be based upon demand and/or need for the program in terms of meeting present and future needs of the locale, state, and nation based upon societal needs, and/or student needs.

### Contact Information

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SCHRINER

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[ARCHIVED CATALOG]

## Exercise Science, B.S.

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The Rockhurst University Exercise, Sport, and Health Science Department helps students reach their potential through quality instruction and application-based learning focused on recognizing and caring for the whole person. The Bachelor of Science in Exercise Science is an interdisciplinary program. The major requires the successful completion of no fewer than 128 semester credit hours, which includes a one credit hour practicum experience involving a minimum of 100 contact hours. Students should be aware that a criminal background check is required. The presence(s) of any criminal conviction on a student's record may affect his/her eligibility for participating in clinical internships, becoming certified or licensed, and/or securing a job in the student's field.

This major prepares graduates for careers in areas such as personal training and/or conditioning in sports and fitness clubs, sport performance enhancement, and corporate wellness, as well as for graduate study in exercise science-related disciplines. Students who wish to pursue graduate degrees in either occupational therapy or physical therapy at Rockhurst University may choose electives to satisfy additional prerequisites for these programs (see note below).

### Lower Division Requirements

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#### Lower Division Requirements

- BL 1250 - General Biology I (3) and
- BL 1251 - General Biology I Laboratory (1)
  
- PH 2700 - Physics for the Life Sciences I (3) and
- PH 2710 - Physics for the Life Sciences Lab I (1)
  
- PY 1000 - Introduction to Psychology (3)
  
- CH 2610 - General Chemistry I (3) and
- CH 2620 - General Chemistry Laboratory I (1)
  
- EXS 2000 - Introduction to Exercise Science (2)
- EXS 2400 - Nutrition (2)
  
- PY 2400 - Developmental Psychology (3)
  
- BSS 2100 - Statistics for the Behavioral Sciences (3)
- or
- BIA 2200 - Statistics and Predictive Analytics (3)
- or
- PH 4900 - Statistics for the Health Sciences (3)

**Total Hours: 25**

## Note(s)

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Students planning to apply to the Physical Therapy Program should also take:

- CH 2630 - General Chemistry II (3) and
- CH 2640 - General Chemistry Laboratory II (1)  
and
- PH 2750 - Physics for the Life Sciences II (3) and
- PH 2760 - Physics for the Life Sciences Lab II (1)

## Major Courses

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- EXS 3300 - Kinesiology (3)
- EXS 3301 - Kinesiology Lab (1)
- EXS 3500 - Physiology of Exercise (3)
- EXS 3501 - Physiology of Exercise Lab (1)
- EXS 3700 - Psychology of Sport and Exercise (3)
- EXS 3800 - Foundations of Conditioning (3)
- EXS 4200 - Motor Behavior (2)
- EXS 4310 - Exercise, Health, and Chronic Disease Prevention (3)
- EXS 4500 - Principles of Fitness Assessment and Exercise Prescription (3)
- EXS 4501 - Principles of Fitness Assessment and Exercise Prescription Lab (1)
- EXS 4900 - Practicum in Exercise Science (1)

**Total Hours: 24**

## Related Upper-division Coursework

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- Twelve (12) additional credit hours of related upper-division coursework.

**Total Hours: 12**

## Note(s)

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A grade of C or better is required in each upper-division course of the major. (A grade of C- will not satisfy the requirement.)

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