

# Bachelor of Applied Science in Exercise Science

The Bachelor of Applied Science in Exercise Science can be a path to professions in personal training, strength and conditioning, corporate wellness, and military/law enforcement/first responder force readiness.

Students admitted to the program have the option to complete this degree entirely online. The program curriculum includes a strong core of applied science courses in anatomy, physiology, kinesiology, strength and conditioning, personal training, and exercise physiology, as well as flexible elective options from a diverse mix of disciplines. Students will learn from faculty experts who are Fellows of the National Strength and Conditioning Association and the American College of Sports Medicine and experienced in the latest evidence-based practices in the field of exercise science.

## **Admissions:**

### Freshman Students:

Students can be admitted into the B.A.S in Exercise Science program as freshman if they are admitted to KU and declare the Bachelor of Applied Science in Exercise Science as their major.

### Transfer Students:

Students can be admitted into the B.A.S. in Exercise Science program as a transfer student if they are admitted to KU, declare the Bachelor of Applied Science in Exercise Science as their major, and meet the following criteria:

- A transfer GPA of at least 2.75 is required for admission to the program.

### **Application Deadlines:**

Mid-September for spring or early February for fall admission.

### **Minimum Requirements:**

All students who apply for admission to the Bachelor of Applied Science in Exercise Science program must meet the following minimum requirements:

- Cumulative and transfer GPA of at least 2.75.

Students that do not meet the requirements above can petition using the same process used by KU:

- A formal letter of appeal explaining extenuating circumstances that contributed to their previous academic experience, why the student believes they will be successful at KU, and any other information that they would like the committee to know about them.
- A letter of recommendation written by someone that can address the student's academic abilities.

Prospective students should consult an advisor early in their first year to ensure fulfillment of the admission requirements and to plan for efficient completion of the program.

For information about initial admission to KU, visit the Office of Admissions (<https://admissions.ku.edu/>). Visit the Office of International Support Services (<http://www.iss.ku.edu/>) for information about international admissions.

### **Graduation Requirements:**

- All courses must be completed for graduation (at least 120 hrs.). At least 30 hours must be completed at KU.
- A cumulative GPA of 2.75 is required for graduation (includes transfer hours).
- Other general regulations of the School and University, including KU Core Goal requirements.
- A maximum of 64 hours from any community college count toward cumulative hours.
- Requirements to begin internship, if student elects to complete an internship:
  - A minimum overall grade-point average of 2.75 with no grade lower than a C in any of the required program courses.
  - All program requirements must be completed before the internship.
  - See School of Education and Human Sciences Student resource for field experience for additional information.
- Military-affiliated students may receive elective credit hours upon evaluation of the Joint Services Transcript. <https://admissions.ku.edu/militarycredit>
- Additional credit for service may be granted on a per-class basis using 'credit by examination'. Please consult with a program advisor for specific details.

## **B.A.S. in Exercise Science**

Code	Title	Hours
<b>General Education Requirements</b>		
BIOL 100	Principles of Biology <sup>1</sup>	3
BIOL 240	Fundamentals of Human Anatomy	3
BIOL 246	Principles of Human Physiology	3
COMS 130	Speaker-Audience Communication <sup>1</sup>	3
MATH 101	College Algebra: _____ <sup>1</sup>	3
ENGL 101	Composition <sup>1</sup>	3
ENGL 102	Critical Reading and Writing <sup>1</sup>	3
HSES 269	Introduction to Exercise Science	3
HSES 330	Principles of Nutrition and Health	3
PSYC 104	General Psychology	3
<b>Program Course Requirements</b>		
HSES 305	Methods of Strength Training and Conditioning <sup>1</sup>	3
HSES 306	Principles of Personal Training <sup>1</sup>	3
HSES 307	Tactical Strength and Conditioning <sup>1</sup>	3
HSES 310	Research and Data Analysis in Health, Sport, and Exercise Sciences <sup>1</sup>	3
HSES 331	Sport and Exercise Nutrition <sup>1</sup>	3
HSES 350	Care and Prevention of Athletic Injuries <sup>1</sup>	3
HSES 369	Kinesiology <sup>1</sup>	3
HSES 372	Exercise Physiology <sup>1</sup>	3
HSES 470	Biomechanics <sup>1</sup>	3
HSES 473	Clinical Fitness Evaluation Techniques <sup>1</sup>	3

HSES 480	Physical Activity and Exercise Management Individuals with Disabilities <sup>1</sup>	3
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**KU Core Requirements**

Any KU Core Goal 1 (GE11)		3
Any KU Core Goal 3 (GE3H)		3
Any KU Core Goal 4 (AE41)		3
Any KU Core Goal 4 (AE42)		3
Any KU Core Goal 5 (AE51)		3

**Program Electives, Minors, and Certificates**

Students must choose 42 credit hours from an extensive list of interdisciplinary electives, minors, and certificates, 18 hours of which must be HSES upper-level courses. Only 3 credit hours not on this list may be substituted to count towards the degree completion requirements.

HSES 300	Study Abroad Topics in: _____	
HSES 375	Neuromuscular Exercise Physiology and Motor Control	
HSES 370	Health and Pathophysiology <sup>2</sup>	
HSES 371	Medical Terminology for Health Professionals <sup>2</sup> or HEIM 230 Medical Terminology	
HSES 380	Sociology of Sport <sup>3</sup>	
HSES 381	Sport Ethics <sup>3</sup>	
HSES 385	Psychological Aspects of Exercise <sup>3</sup>	
HSES 418	Health Aspects of Aging <sup>3</sup>	
HSES 440	Applied Sport and Performance Psychology <sup>3</sup>	
HSES 453	Communicable and Degenerative Diseases <sup>3</sup>	
HSES 474	Exercise Biochemistry	
HSES 475	Undergraduate Research in Health, Sport, and Exercise Sciences	
HSES 484	Sport in Film <sup>3</sup>	
HSES 485	Sport Communication <sup>3</sup>	
HSES 489	Health and Human Sexuality <sup>3</sup>	
HSES 497	Independent Study	
HSES 580	Internship in: _____	
HSES 598	Special Course: _____	
SOC 104	Elements of Sociology <sup>3</sup>	
SOC 304	Principles of Sociology <sup>2</sup>	
SOC 424	Sociology of Health and Medicine	
	Sport Management Minor (18 hrs.) <sup>4</sup>	
	Business Minor (18 hrs.) <sup>4</sup>	
	Psychology Minor (18 hrs.)	
	Healthcare Management Minor (18 hrs.) <sup>4</sup>	
	Entrepreneurship Certificate (9 hrs.) <sup>4</sup>	
	Public and Population Health Minor (18 hrs.) <sup>2,4</sup>	
	Public and Population Health Certificate (12 hrs.) <sup>2</sup>	
	Nutrition Minor (18 hrs.) <sup>2,4</sup>	
	Nutrition Certificate (12 hrs.) <sup>2</sup>	

<sup>1</sup> Must have a minimum grade of "C" or better.

<sup>2</sup> Currently, only offered on the Edwards Campus

<sup>3</sup> Currently, only offered on the Lawrence Campus

<sup>4</sup> Any listed minor may be declared and completed as 18 elective credit hours OR taken as individual courses toward the required 18 required elective hours.