

Bloomsburg University - Department of Exercise Science
Bachelor of Science in Exercise Science - Corporate Fitness Option

Courses	Cr.	Taken:	Courses	Cr.	Taken:
Exercise Science Major Requirements	36		Group A (Humanities)		
05.161 Introduction To Exercise Science	3	_____	1) _____	3	_____
05.321 First Aid, Safety, AED	3	_____	2) _____	3	_____
50.173 Anatomy & Physiology I (also counts as Group C)	4	_____	3) _____	3	_____
50.173 Anatomy & Physiology II	4	_____	4) _____	3	_____
05.351 Kinesiology	3	_____	Group B (Social Sciences)		
05.378 Exercise Physiology I	4	_____	1) 45.211 Principles of Sociology	3	_____
50.205 Introduction to Nutrition	3	_____	2) 48.101 General Psychology	3	_____
05.380 Research Methods Exercise Science	3	_____	3) 48.253 Social Psychology or 48.311 Adulthood & Aging	3	_____
05.450 ECG Interpretation/Exercise Testing	3	_____	4) _____	3	_____
05.477 Exercise Prescription & Programming	3	_____	Group C (Nat. Sci. & Math) (includes 50.173 listed with major)		
05.478 Exercise Physiology II	3	_____	50.231 Biology of Aging	3	_____
05.498 Internship in Exercise Science ¹	6	_____	52.101 Introduction to Chemistry	3	_____
			54.111 Introduction to Physics	4	_____
Concentration (18 Credit Specialization)	18				
Corporate Fitness			Free Electives:	14	
05.282 Care & Prevention of Injuries	3	_____	1) _____	3	_____
05.300 Group Fitness Instruction	3	_____	2) _____	3	_____
05.304 Principles of Resistance Training	3	_____	3) _____	3	_____
05.305 Aquatic Exercise Program	2	_____	4) _____	3	_____
05.294 Resistance Training Technology	3	_____	5) _____	2	_____
Exercise Science Electives					
1) _____	3	_____			
2) _____	1	_____			
			Optional University Seminar²	1	_____
General Education - Total Credits:	51				
Communication (1 course may also count towards Group A)			TOTAL CREDITS FOR PROGRAM	120	
1) 20.101 Composition 1	3	_____			
2) 2nd Writing Course:	3	_____			
3) _____	3	_____			
Quantitative			Two Approved Diversity Courses:³		
53.109 College Algebra or 53.112, 53.113, 53.123, 53.141, 48.160	3	_____	_____	_____	_____
Values			_____	_____	_____
50.230 Human Sexuality or 82.217 Alcohol Use & Abuse	3	_____			
Fitness					
05.270 Exercise and You	2	_____			

Note 1: Internship candidates must complete CPR/AED/First Aid Certification, Liability Insurance, PA Child Abuse History Clearance & Criminal Record Check
 Internship may be taken for 6 to 15 credits; credits exceeding 6 count as free electives

Note 2: If 09.100 not taken, then take additional Free Elective Credit
Note 3: Two of the Major, General Ed. or Elective Courses selected must also qualify as Diversity Courses; see approved list in catalog and consult advisor.