



Addendum to the 2020-2021 King University Catalog

Exercise Science, BS

Section: Academic Programs—Undergraduate, *Exercise Science, BS*

This document serves as an addendum to the 2020-2021 King University Catalog to revise the nomenclature of the *Grades K-12 Education Track* within the Exercise Science major. The *Grades K-12 Education Track* will thus forth be named *Physical Education K-12 Licensure Track*. It should be noted that the change outlined herein amends the current Exercise Science major published in the 2020-2021 Catalog to take effect immediately.

The nomenclature update is being implemented following feedback from the Tennessee Department of Education accreditation visit that took place at King University in September 2020. The revised catalog pages immediately follow this document.

EXERCISE SCIENCE, BS**TRADITIONAL****PROGRAM COORDINATOR: TBD**

Exercise Science is a multifaceted field of study in which movement or physical activity is the intellectual focus. This includes exercise in the improvement of health and physical fitness and activities of daily living, work, sport, and play. It involves special population groups such as children and the elderly; persons with disability, injury, or disease; and athletics. Because an interdisciplinary approach is often used to address issues in Exercise Science, this area of study applies knowledge, methods of inquiry, and principles from a wide spectrum of academic disciplines. This program is designed for traditional students who desire to incorporate a rigorous academic background in vocational and career plans.

Employment opportunities for Exercise Science professionals are located in the health and fitness industry, where skills in evaluating health behaviors, risk factors, conducting fitness assessments, writing exercise prescriptions for health and controlled disease populations, motivating individuals to modify negative health habits, and promoting positive healthy lifestyle changes are essential components of their respective job.

The B.S. in Exercise Science program offers three tracks to optimize the vocational path of its students.

The Kinesiology track is designed for students who are interested in pursuing graduate degree programs in Exercise Science/Kinesiology-related fields or health care related professional graduate programs, such as physical therapy, occupational therapy, and athletic training. This track is not designed or intended to meet the needs of students who are pursuing medical or pharmacy school*.

The Health and Fitness track is designed for those students wishing to pursue a vocation within the fitness and wellness industry with curricular design aligning with certification requirements from the *American College of Sports Medicine* and the *National Strength and Conditioning Association*.

The **Physical Education Grades K-12 Licensure** track is designed to provide students with knowledge and skills to organize and administer physical education, intramural, and athletic programs; to teach, assess and evaluate health and physical education courses at the elementary, middle, and high school levels; and to adapt methods of teaching to meet the needs of children and adolescents with special needs.

***For those students wishing to pursue health care related professional graduate programs in physical therapy, occupational therapy, athletic training, or other related fields**, graduate program admission requirements can vary by institution and by discipline. Freshman undergraduate students are encouraged to explore graduate school requirements for each potential institution they wish to attend. Although it is ultimately the student's responsibility to complete any additional prerequisite coursework, academic advisors are available to assist students with incorporating these requirements into his/her academic plan. Students are strongly encouraged to seek out this assistance very early in their academic path at King. There is no guaranteed admittance into graduate school by completing these prerequisites, as each student is responsible for meeting each graduate school's requirements and successfully completing the admission process. Program-Level Student Learning Outcomes in the Exercise Science major are based on recommendations of the American Kinesiology Association's *Undergraduate Core Curriculum in Kinesiology*. This program will prepare competent entry-level Exercise Science professionals in the cognitive (knowledge), psychomotor (skills) and affective (abilities) learning domains.

CPR (Cardiopulmonary Resuscitation) Certification

All students majoring or minoring in Exercise Science must possess current certification in CPR from either the American Red Cross or the American Heart Association. There are two ways to gain this certification. A student may take PHED 1620 CPR or may present a current CPR certification card to the Exercise Science Program Coordinator and demonstrate proficiency in CPR through written and skills testing under the direction the Exercise Science coordinator.

Core Curriculum/General Education Requirements

Exercise Science majors should fulfill specified categories of the King Core Curriculum by taking the courses indicated below. See the *Core Curriculum* section of the catalog for additional details.

Wellness for Life

PHED 1110
Wellness for Life 2 s.h.

Quantitative Literacy

MATH 1560
Introduction to Statistics 4 s.h.

Science

BIOL 1010
Human Anatomy and Physiology I 4 s.h.

Major Common Requirements

The following courses are required for all Exercise Science majors.

EXSC 2510
Care and Prevention of Athletic
Injuries 4 s.h.

EXSC 3680
Kinesiology 4 s.h.

EXSC 3690
Exercise Physiology 4 s.h.

BIOL 1020
Human Anatomy and Physiology II 4 s.h.

EXSC 2500
Introduction to Nutrition 2 s.h.

EXSC 2600
Strength and Conditioning Theory
and Practice 2 s.h.

EXSC 3300
Exercise Programs for Special
Populations 2 s.h.

EXSC 3700
Health Fitness Assessment 4 s.h.

EXSC 4990
Comprehensive Assessment 0 s.h.

PSYC 3050
Lifespan Human Development 4 s.h.

Track Requirements

Students will choose a track in Kinesiology, Health and Fitness, or [Physical Education Grades K-12 Licensure Track](#).

Kinesiology Track

EXSC 3010
Methods of Research and Design in
the Health Sciences 2 s.h.

EXSC 3400
Exercise and Nutrition in Chronic
Disease 2 s.h.

EXSC 3500
Exercise Training and Performance 4 s.h.

EXSC 3750
Biomechanics 4 s.h.

Choose from the following courses 16 s.h.

CHEM 1110
General Chemistry I (4 s.h.)

CHEM 1120
General Chemistry II (4 s.h.)

CHEM 2110
Organic Chemistry I (4 s.h.)

CHEM 2120
Organic Chemistry II (4 s.h.)

CHEM 3600
Inorganic Chemistry (4 s.h.)

PHYS 2210
General Physics I (4 s.h.)

PHYS 2220
General Physics II (4 s.h.)

BIOL 2110
General Biology I (4 s.h.)

BIOL 2120
General Biology II (4 s.h.)

BIOL 2500
Microbiology and Immunology (4 s.h.)

BIOL 3260
Clinical Neuroanatomy (4 s.h.)

BIOL 3700
Biochemistry (4 s.h.)

Summary of Total Credits

Core Curriculum 42 s.h.

Major Requirements
Common Requirements 30 s.h.

Track Requirements 28 s.h.

Total Major Requirements 58 s.h.

Electives 24 s.h.

Minimum to Earn BS 124 s.h.

Health and Fitness Track

EXSC 3010	Methods of Research and Design in the Health Sciences.....	2 s.h.
PHED 2010	Personal and Community Health	4 s.h.
SPMT 2910	Athletic Administration	2 s.h.
EXSC 2940	Psychology of Coaching.....	2 s.h.
EXSC 3400	Exercise and Nutrition in Chronic Disease.....	2 s.h.
EXSC 3500	Exercise Training and Performance.....	4 s.h.
SPMT 3565	Ethics and Legal Issues in Sport Management	4 s.h.
PHED 3650	Assessment and Evaluation	3 s.h.
EXSC 3750	Biomechanics	4 s.h.

Summary of Total Credits

Core Curriculum	42 s.h.
Major Requirements	
Common Requirements.....	30 s.h.
Track Requirements	27 s.h.
Total Major Requirements	57 s.h.
Electives	25 s.h.
Minimum to Earn BS	124 s.h.

Physical Education Grades K-12 Licensure

Track*

EDUC 3630	Methods and Materials for Elementary Physical Education.....	4 s.h.
EDUC 3640	Methods and Materials for Secondary Physical Education.....	4 s.h.
PHED 2010	Personal and Community Health	4 s.h.
EXSC 2940	Psychology of Coaching.....	2 s.h.
PHED 3670	Teaching Individual and Team Sports.....	4 s.h.
PHED 3650	Assessment and Evaluation	3 s.h.

*Requires K-12 Education Minor

K-12 Education Minor**

EDUC 2030	Introduction to Teaching: K-12	2 s.h.
EDUC 2031	Introduction to Teaching Practicum	1 s.h.
SPED 2100	Survey of Exceptional Children.....	4 s.h.
ICST 2120	Cultural Diversity in America.....	4 s.h.
EDUC 2370	Reflective Teaching	3 s.h.
EDUC 2900	Foundations of Education	3 s.h.
EDUC 2950	Technology for Teachers	2 s.h.
EDUC 3390/3391	Secondary Curriculum and Methods	3 s.h.
EDUC 3590	Content Area Reading	3 s.h.
EDUC 3600	Assessment and Evaluation.....	3 s.h.

**Requires admittance to the Teacher Education Program

Licensure Requirements

To be licensed to teach Grades K-12 in Tennessee, candidates must pass the following exams: Content Knowledge in their Academic Major/Endorsement Subject, and edTPA during student teaching, and successfully complete the professional education courses.

EDUC 4660*	Student Teaching K-12.....	10 s. h.
EDUC 4950*	Capstone Seminar K-12	2 s.h.
EDUC 4991*	Licensure Assessments.....	0 s. h.

Summary of Total Credits

Core Curriculum	42 s.h.
Major Program Requirements	
Common Requirements	30 s.h.
Track Requirements	21 s.h.
K-12 Education Minor.....	28 s.h.
Licensure Requirements	12 s.h.
Total for BS with Licensure	133 s.h.

EXERCISE SCIENCE MINOR

BIOL 1020*	
Human Anatomy and Physiology II.....	4 s.h.
PHED 1620	
CPR.....	1 s.h.
PHED 1630	
First Aid	1 s.h.
EXSC 2500	
Introduction to Nutrition	2 s.h.
EXSC 2510	
Care and Prevention of Athletic	
Injuries	4 s.h.
EXSC 2600	
Strength and Conditioning Theory and	
Practice	2 s.h.
EXSC 3680	
Kinesiology.....	4 s.h.
EXSC 3690	
Exercise Physiology	4 s.h.
Total	22 s.h.

*Students majoring in Biology with a Human Biology Track should substitute any course in EXSC at the 3000-level or higher.