Facilities

The Exercise Science Undergraduate Laboratory is a 1,600 square foot facility housed in the Health and Physical Activity Building. The laboratory houses eight cycle ergometers, two treadmills, three ECG machines, a respiratory gas exchange analysis system and a variety of other exercise and fitness testing equipment. During the fall and spring semester, the laboratory is open for student use and affords students an opportunity for learning and developing valuable physical fitness assessment skills.

Contact Information

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Mission Statement

As a leader in professional preparation and scientific inquiry, the School of Kinesiology will provide high-quality educational experiences for our students, contribute to the scholarly advancement of our academic disciplines, and serve our professional societies and the community-at-large.

Ball State University is committed to the principles of nondiscrimination and equal opportunity in education and employment. Further, the University is committed to the pursuit of excellence by prohibiting discrimination and being inclusive of individuals without regard to race, religion, color, sex (including pregnancy), sexual orientation, gender identity or gender expression, disability, genetic information, ethnicity, national origin or ancestry, age, or protected veteran status.
Program Options

Students are admitted to the Advanced Program after successful completion of the Beginning Program. At the time of admission application to the Advanced Program, students are encouraged to select a career path in areas such as health and fitness, clinical exercise physiology, physical therapy, occupational therapy or graduate study in the exercise sciences. Students should develop the remainder of their program of study in a manner compatible with their chosen track.

Points of Distinction

♦ Nationally and internationally renowned faculty, many of whom are active and serve in leadership roles in foremost professional exercise science organizations.

♦ 90-hour practicum observation requirement allow for in-depth career exploration.

♦ 6-7 classes (15-18 credit hours) utilize lecture/lab format to facilitate hands-on learning.

♦ Laboratory space and available equipment are extensive. EXSC students are given the opportunity to gain experience with sophisticated technology in the undergraduate EXSC lab, the Biomechanics lab and Human Performance laboratory.

♦ The EXSC program has existing relationships with numerous health and fitness organizations, hospitals and other health care facilities, collegiate and professional athletic teams and sport performance businesses.

♦ Professional networking opportunities are encouraged through practica, internships, and activities of the student-run EXSC Club.

♦ 12-credit hour internship (500 practical hours) allows students to focus exclusively on their internship while enrolled as a full-time student.

Curriculum Requirements

Beginning Program Courses

- BIO 111 — Principles of Biology (4)
- CHEM 101 — General, Organic, and Health Chemistry (5)
- CHEM 111 — General Chemistry (4)
- EXSC 147 — Weight Training (1)
- EXSC 190 — Foundations of Exercise Science (3)
- EXSC 201 — Sport Performance Concepts and Assessment (3)
- EXSC 293 — Physiology (3)
- EXSC 294 — Anatomical Kinesiology (3)
- EXSC 292 — Anatomy (3) or ANAT 201 — Fundamentals Human Anatomy (3)
- PSYS 100 — General Psychology (3)

Advanced Program Courses

- PEP 250 — First Aid (2)
- EXSC 301 — Fundamentals of Exercise Prescription (3)
- EXSC 320 — Fundamentals of Resistance Training (3)
- EXSC 402 — Adv Fitness Assessments in Exercise Science (3)
- EXSC 493 — Physiology of Exercise (3)
- FCFN 340 — Principles of Human Nutrition (3)

Internship

- EXSC 479 — Exercise Science Internship (12)

Guided Electives

- Choose one of the concentrations below:
  - Concentration 1: Basic and Applied Science (15)
  - Concentration 2: Health & Fitness (15)
  - Concentration 3: Pre-Physical Therapy (24-25)
  - Concentration 4: Pre-Occupational Therapy (23-25)

Career Opportunities

Since 1984, students graduating from the Exercise Science Program have secured entry level jobs in places such as the YMCA, corporate fitness centers, Web MD Health Services, cardiopulmonary rehabilitation, sports performance facilities, and fitness and recreational centers. In addition to these professional employment opportunities, some students pursue further study in schools of medicine, physical and occupational therapy, chiropractics, and physician assistant or graduate programs in the exercise physiology.

www.bsu.edu/exercisescience