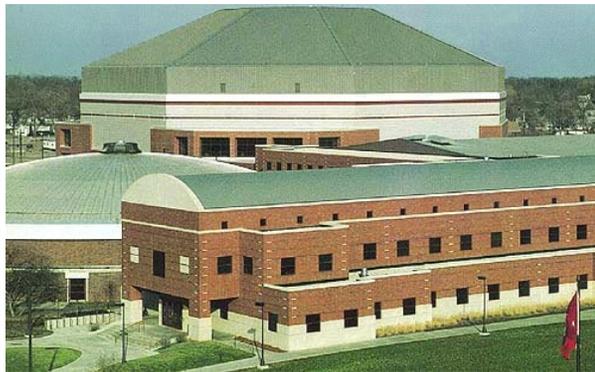


# Facilities

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.



B A L L S T A T E  
U N I V E R S I T Y.

Ball State University practices equal opportunity in education and employment and is strongly and actively committed to diversity within its community.

# Contact Information



Paul Nagelkirk, Ph.D.  
Exercise Science Coordinator

Ball State University  
School of Physical Education,  
Sport, & Exercise Science  
HP 360 N  
Muncie, IN 47306-0270  
pnagelkirk@bsu.edu  
765-285-1472

*The School of Physical Education, Sport, and Exercise Science*



# Mission Statement

As a leader in professional preparation, scientific inquiry and applied technology, the School of Physical Education, Sport, and Exercise Science 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.

# Exercise Science



School of Physical Education,  
Sport, & Exercise Science

# Undergraduate

# Curriculum Requirements

## Beginning Program Courses

PSYSC 100 — General Psychology (3)  
CHEM 101 — General, Organic, and Health Chemistry for the Health Sciences (5) or  
CHEM 111 — General Chemistry (4)  
BIO 111 — Principles of Biology (4)  
PEP 250 — First Aid (2)  
EXSCI 147 — Weight Training (1)  
EXSCI 190 — Foundations of Exercise Science (3)  
EXSCI 201 — Introduction to Fitness Assessment (3)  
EXSCI 292 — Anatomy (3)  
EXSCI 293 — Physiology (3)  
EXSCI 294 — Anatomical Kinesiology (3)

## Advanced Program Courses

EXSCI 301 — Fundamentals of Exercise Prescription (3)  
EXSCI 320 — Fundamentals of Resistance Training (3)  
EXSCI 402 — Advanced Fitness Assessments in Exercise Science (3)  
EXSCI 493 — Physiology of Exercise (3)  
FCSFN 340 — Principles of Human Nutrition (3)

## Internship

EXSCI 479 — Exercise Science Internship (12)

## Directed Electives

Choose a total of 15 credit hours from courses in:

Track 1: Health & Fitness

or

Track 2: Basic and Applied Science

# Program Options

Students are admitted to the Advanced Program after successful completion of the Beginning Program. At the time of admission to the Advanced Program, students are encouraged to select a career path in areas such as health and fitness, clinical exercise physiology, physical 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.

# Career Opportunities

Students graduating from the Exercise Science Program have secured entry level jobs in places such as the YMCA/ YWCA, corporate fitness centers, hospital cardiac rehabilitation and fitness centers. In addition to these professional employment opportunities, some students pursue further study in schools of medicine, physical therapy or physician's assistant or graduate programs in the exercise sciences.



# Background Information

Since 1984, the undergraduate exercise science major has been providing educational experiences to students interested in seeking entry-level positions in a variety of health and fitness occupations. In addition, the program can prepare students for further study in areas such as medicine, physical therapy, physician assistance and graduate programs in the exercise sciences. The curriculum includes course work in core courses in exercise science and physical education, as well as classes in supporting areas such as nutrition, psychology, physiology, chemistry and biology. Practical experiences are available through 90 hours of practicum work throughout the program and a 500 hour (12 credit) internship during the student's final semester of study. Opportunities for practicums and internships are available on and off campus. Some of the on-campus opportunities include working in the Adult Physical Fitness Program, Biomechanics Laboratory, Human Performance Laboratory, and IU-Health Ball Memorial Hospital.

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