Exercise Science Major

The academic foundation of Exercise Science is in physiology, bioenergetics, and movement anatomy and mechanics, with applications to exercise responses and adaptations, strength and conditioning, sport performance, and disease and injury. Courses include fitness instruction, exercise physiology, fitness and stress testing, kinesiology, and injury prevention and emergency management. The Exercise Science Program at Salisbury University is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) through the Committee on Accreditation for the Exercise Sciences (CoAES); and has received recognition by the National Strength and Conditioning Association (NSCA) as an undergraduate strength and conditioning program.

Exercise Science majors are prepared to pass professional certifications including the American College of Sports Medicine (ACSM) Certified Exercise Physiologist (EP-C), Certified Clinical Exercise Physiologist (CEP), Certified Group Exercise Instructor (GEI), and/or the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (CPT) certifications. Exercise Science students can seek careers in Cardiopulmonary Rehabilitation, Strength and Conditioning, Personal Fitness Training, Corporate Fitness, Wellness Promotion, Exercise Physiology Research and Academics. Many students with necessary prerequisites explore graduate school in various Health Care Professions, i.e. Physical therapy.

Health Minor

The health minor at Salisbury University provides a strong foundation in health content and practice for individuals interested in working in social assistance, government, school, healthcare, and corporate settings. Upon successful completion of the required and elective coursework that is rooted in the Seven Areas of Responsibility for Health Education Specialists, students have the ability to become eligible to take the Certified Health Education Specialist (CHES) examination. The CHES credential is the national standard of competency in health education that is preferred by employers and becoming mandatory in some states to work as a public health educator.
Program Prerequisites

- Associate’s Degree in Health Fitness from Montgomery College (transferring in up to 70 credits).
- Associate’s Degree from any Maryland Community College (transferring in up to 64 credits).
  - Earn a “C” or better in Anatomy & Physiology I and II before beginning program
  - Have the ability to take and transfer in courses equivalent to SU’s 200-level Exercise Science major requirements. They may be taken concurrently, but must meet prerequisite requirements for upper-level classes.
    - EXSC 240: Fitness Testing
    - EXSC 250: Strength Training Techniques and Program Design
    - EXSC 295: Fitness Instruction

Graduation Requirements

- 120 total credit hours
- Cumulative GPA of 2.0 or higher
- Students must complete 30 of the last 37 credit hours at SU.
- Students must complete 30 credit hours by direct classroom or laboratory instruction (not credit by examination)
- Students must complete 30 credit hours at the 300/400 level with grades of C or higher
- Transfer students must complete 15 of their 30 hours at SU. Courses at the 300/400 level taken as PS/F do not satisfy this requirement
- Students must complete all general education requirements (requirement met with Associate’s degree from a Maryland Community College)
- Students must complete all major requirements

For more information contact:
Abby Gibson
Site Coordinator for Exercise Science at
The Universities at Shady Grove
Rockville, MD 20850
E-mail: asgibson@salisbury.edu
Phone: 301-738-6228

Two-Year Suggested Course Sequence, Beginning every Fall Semester

1st Fall Semester
EXSC 344: Exercise Physiology
EXSC 317: Nutrition, Health & Human Performance
EXSC 300: Health-Fitness Programs & Professions

1st Spring Semester
HLTH 325: Planning & Assessing Health Programs (required for Health minor)
EXSC 462: Exercise & Special Populations
EXSC 333: Kinesiology

2nd Fall Semester
HLTH 311: Human Sexuality Education (required for Health minor)
HLTH 401: Community Health (required for Health minor)
EXSC 472: Stress Testing & Exercise Prescription

2nd Spring Semester
EXSC 479: Internship in Exercise Science
EXSC 480: Exercise Science Seminar

Exercise Science Elective Options:
EXSC 301: Research Methods in Exercise Science
EXSC 490: Advanced Strength & Conditioning