

A.S. to B.S. in Exercise Science

2+2 Transfer Guide

The University of Mary and Bismarck State College have partnered to offer the Seamless Transfer program. Now, it's even easier to step from a two-year program into your dream major! The Seamless Transfer program allows students to work towards their bachelor's degree from the University of Mary while simultaneously earning their associate's degree from Bismarck State College. Students who successfully complete their Associate of Science degree with the required U-Mary pre-requisites at Bismarck State College can seamlessly transfer to the University of Mary and complete their Bachelor's of Science in Exercise Science in only two years.

The Exercise Science Program at the University of Mary is a four-year Bachelor of Science degree. The curriculum received official endorsement by the American College of Sports Medicine in 2003, and has recently received accreditation from the Commission on Accreditation of Allied Health Education Programs. The curriculum emphasizes a strong foundation in the sciences and promotes community involvement. The educational philosophy of the Exercise Science Program supports learning through experiences, interactions, and application of knowledge and skills. The Exercise Science Program also focuses on clinical competencies and aims to prepare graduates for higher education opportunities, entry-level clinical roles in cardiac rehabilitation, pulmonary rehabilitation, adult fitness, and for personal training and leadership roles in the fitness industry. The Department of Exercise Science extends the Benedictine values of living a healthy and holistic lifestyle.

CAREER OUTLOOK⁺

Exercise physiologists develop fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition, and flexibility.

Employment of exercise physiologists is projected to grow 9 percent from 2012 to 2022, about as fast as the average for all occupations. This is a small occupation, and compared to athletic trainers, licensure for exercise physiologists is less common and therefore there are fewer recognized standards of practice for exercise physiologists. Demand may rise as hospitals emphasize exercise and preventive care as part of their treatment for chronic diseases and long-term



rehabilitation. There are few available exercise physiologist positions, so competition for work remains high.

Employment of fitness trainers and instructors is projected to grow 13 percent from 2012 to 2022, about as fast as the average for all occupations. As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs is expected to increase the need for fitness trainers and instructors.

Other employment growth will come from the continuing emphasis on exercise for young people to combat obesity and encourage healthier lifestyles. More young people and families

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are likely to join fitness institutions or commit to personal training programs.

+ Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2014-'15 Edition.

CURRICULUM

■ Freshman

BIOI 150/L	General Biology I & Lab	4
ENGL 110	College Composition I	3
CHEM 115/L (or CHEM 121)	Intro to Chemistry & Lab	5
CSCI	Introduction to Computers	3
COMM 110	Fund of Public Speaking	3
CHEM 116/L (or CHEM 121/L)	Intro to Organic and Biochemistry	5
POLS 115	American Government	3
ENGL 120	College Composition II	3
PSYC 111	Intro to Psychology	3

■ Sophomore

BIOL 220/L	Anatomy & Physiology I & Lab	4
MATH 103	College Algebra	4
DSOC 110	Intro to Sociology	3
BOTE 171	Medical Terminology	3
PSYC 250	Developmental Psych	3
BIOL 221/L	Anatomy & Physiology II & Lab	4
MATH 210	Elementary Statistics	3
PSYC 250	Abnormal Psychology	3
Core	Humanities	3
Elective	Enrichment	2

■ Junior

EXS 302	Concepts of Strength and Cond	2
EXS 406	Intro to Electrocardiography	2
EXS 336	Exercise Physiology/Lab	4
PHY 203	Intro to Physics	4
PED 360	Kinesiology and Biomechanics	4
EXS 400	Strength & Cond/Com Fit Practicum	1
PED 157	CPR/AED First Aid	1
ALU 332	Transfer Seminar	1

* Apply to for formal acceptance to the Exercise Science program.

EXS 305	Community Fitness Methods	2
PHY 304	Intermediate Physics	4
EXS 401	Clinical Practicum	1
EXS 452	Cardiopulmonary Rehab/Lab	4
PHY 304	Intermediate Physics	4
ATH 238	Prevention & Care of Athletic Injuries	2
EXS 465	Senior Seminar I (Capstone)	1
THE	Core Requirement	3-4

■ Senior

EXS 455	Advanced Exercise Physiology	2
EXS 420	Exercise Prescription	4
EXS 466	Senior Seminar II (Capstone)	1
EXS 402	Senior Practicum	1
NUR 319	Pathophysiology	4
ART	Core	3
THE/PHI	Core or Ethics	3-4
EXS 445	Exercise Science Internship	6
ATH 317	Sports Nutrition	3
ATH 316	Basic Pharmacology	3
THE/PHI	Core Elective	3-4
EXS 467	Senior Seminar III (Capstone)	2
ALU 499	Senior Competence Assessment	0

+ **Please note:** the additional courses required for the completion of an Associate's Degree at Bismarck State College are not listed here – please see your advisor for more information.

* The maximum number of credits that will transfer from BSC to U-Mary is 64.

UNIVERSITY OF MARY ADMISSIONS CONTACT:

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