



**EXERCISE SCIENCE – RECREATION MANAGEMENT Carroll University
MADISON COLLEGE**

Major CORE COURSES with transfer equivalencies:

PED 208 Organ & Admin of PE/Athletics	109-103 Leisure and Lifestyle
PED 103 Phil, Princ & Hist of PE/Athletics	109-162 Intro to Recreation
SRM 405	109-106 Recreation Programming
Elective	109-171 Internship Devel & Comm Partners
PED 214	109-196 Principles of Outdoor Pursuits
SRM 315 & 435 Sport Mngmt Practicum & Sport Mngmt Practicum II	109-175 Recreation Internship Practicum
LEA 190 Leadership & Personal Effectiveness	109-135 Leadership Strategies in Recreation
Elective	109-163 Trends & Topics in Recreation
Elective	109-195 Rec Industry Budget & Fin Mngmt
SRM 407 Facility Operation	109-155 Facility Operation & Management
PED 411	109-160 Inclusive Recreation
Elective	109-190 Recreation Seminar
Elective	109-176 Personal Trainer Development
ESC 215 Group Exercise Instruction	109-173 Group Exercise Leadership
Elective	109-197 Challenge Course Programming
Elective	109-199 Anatomy & Physiology for Exercise
SRM 410	109-115 Recreation Admin & Management

Exercise Science major SUPPORT REQUIREMENTS with transfer equivalencies:

ENG 170 Writing Seminar	801-201 or 202 English 1 or 2
CMP 112 Comp Thinking I	804-240 Basic Statistics
CMP 114 Com Thinking II	102-104 Business Statistics
PSY 101 Intro Psychology (S1)	809-198 or 231 Intro Psychology
ANP 130 & 140 Anatomy & Physiology I and II	806-177 & 179 or 806-207 & 208 Anatomy & Physiology
Fine Arts course in Art, Music or Theatre**	201-103, 810-230, 810-262, 815-200, 815-201, 815-202, 815-203, 815-205, 815-234, 815-290** **Choose one
Philosophy, Ethics or Religion (P1)**	809-166 Intro to Ethics (809-260 or 261 also options)
Humanities (H1)**	801-213, 801-214, 801-220, 801-221, 801-225, 801-250, 803-204, 803-205, 803-211, 803-212** Choose one
CHE 101 General Chemistry (N1)	806-127 or 134 General Chemistry
CHE 102 Bio Chemistry	806-129 or 186 Bio Chemistry
PHY 101 Intro Physics I	806-221 College Physics I
PHY 102 Intro Physics II **required for Pre-PT ONLY	806-222 College Physics II

**For more options, students may choose to take these courses at Carroll.

General Education Requirements

All students must fulfill the Carroll University Pioneer Core requirements including the Cross-Cultural and Distribution components to receive their degree. The Cross-Cultural Component includes: CCS101 Cultural Seminar, ENG170 Writing Seminar (**ENG201 or 202 @ Madison College**), Cross-Cultural Development, CCS300 CrossCultural Experience and CCS400 Global Perspectives Colloquium. The Distribution Component includes four introductory level General Education 1 (G1) courses and one higher-level General Education 2 (GE2) course, outside of their major. A GE2 course must be from the same discipline as one of the GE1 courses previously taken (e.g., a GE1 English course and a GE2 English course) or in a pre-approved cognate field. Students will complete coursework in the Fine Arts, Humanities, Philosophy/Ethics/Religion, Social Sciences and Natural Science areas.

Graduation Requirements

- **Mathematical Literacy** – is degree specific; consult catalog. Most students will complete the following:

Carroll University - BS degree	MADISON COLLEGE
CMP112 Computational Thinking I and	804-240 Basic Statistics
CMP114 Computational Thinking II	102-104 Business Statistics

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CMP112 Computational Thinking I and	804-240 Basic Statistics
CMP114 Computational Thinking II	102-104 Business Statistics

- **University Convocation Program** – attendance at 2 events per year is required of full-time students.
- Students must earn a minimum of 128 credits, with the last 32 credits completed at Carroll.
- Students must earn a minimum 2.0 cumulative grade point average, a minimum 2.0 Carroll University grade point average and a minimum 2.0 grade point average within their major.
- One-fourth of the major requirements must be completed at Carroll University.
- A total of 64 credits may transfer from a two-year institution.

General Information for Exercise Science Majors

The mission of the Exercise Science Program at Carroll University is to develop entry-level professionals who can perform a range of health/fitness assessments and prescribe evidence-based interventions across various populations and abilities. Students will possess strong critical thinking, communication, and interpersonal skills appropriate for multiple settings. The program will prepare students for professional certification exams (ACSM, NSCA) and postgraduate study in exercise science or other related disciplines.

The exercise science program emphasizes the area's body of knowledge, research, and practice. Constant reinforcement of content through practical experiences occurs through observations, exposure to clients in academic courses, practicum experiences, and full-time internships. Graduates are qualified professionals who are liberally educated and possess the foundations for lifelong learning.

Individuals interested in health/fitness management are prepared to provide exercise and general wellness programs to apparently healthy individuals across the life span in safe and effective environments. Those interested in strength and conditioning are prepared to provide training programs to improve athletic performance across the life span. Students are also well prepared for advanced study in either graduate school or a clinical health field.