## **Exercise Science**

## Sample Year by Year

Not all courses are offered every semester

#### Many courses require a grade of C or better

Year One		•	CH 111
•	BI 104	•	PD 221
•	PY 100	•	EX 100
•	MA 165	•	EN 100
•	EN 130	•	SP 100
•	GS 150		



- ♦ PE 300
- ♦ BI 275
- ♦ MA 200
- ♦ BA 212
- ♦ PE 233
- ◆ SC 100
- ♦ EX 230
- ♦ PL 125
- ♦ HS 105
- ♦ EX 245

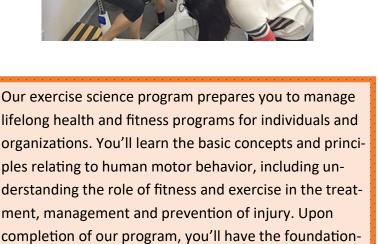
## ♦ AR 100

#### Year Three

- 3 Upper Level Electives
- ♦ {E 333
- ♦ PE 240 EX 307
- ♦ NP 100
- ♦ EX320
- ♦ EX 334
- ♦ PL 110

#### Year Four

- ♦ 2 Electives
- ♦ EX 359
- ♦ 3 Upper Level Electives
- ♦ EX 335
  - EX 485
- ♦ EX 400
- ♦ EX 385



al framework you need to obtain professional certifica-

# Career Possibilities

tions or continue your education.

- Pre-Health Professional
  Physical Therapy
- Corporate Wellness
- Athletic Training
- Fitness Training
- Exercise Physiologist
- Group Exercise Instructor
- Strength and Conditioning Coach

#### **Graduate Program Possibilities**

- Athletic Training
- Clinical Exercise Physiologist
- Occupational Therapist
- Chiropractic Medicine

### Why a degree in Exercise Science from Missouri Valley?

The exercise program at MVC, gives you the opportunity to develop fitness and human performance plans that are used by individuals and athletic teams. This real-life opportunity to coordinate a fitness program helps students learn techniques in cardiovascular fitness, strength training, flexibility, agility and body composition. Our program is recognized by the National Strength and Conditioning Association (NSCA) as an Education Recognition Program, ensuring excellence for students in the classroom, as well as long-term professional success after graduation.