

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

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

- 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



Our exercise science program prepares you to manage lifelong health and fitness programs for individuals and organizations. You'll learn the basic concepts and principles relating to human motor behavior, including understanding the role of fitness and exercise in the treatment, management and prevention of injury. Upon completion of our program, you'll have the foundational framework you need to obtain professional certifications or continue your education.

Career Possibilities

- 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.