

SIMPSON COLLEGE

HEALTH AND EXERCISE SCIENCE

The Health and Exercise Science (HES) program involves the study of human body movement as a mechanism for prevention and management of chronic disease and injury, diagnosis, rehabilitation, and performance enhancement.

HEALTH AND EXERCISE SCIENCE MAJOR

The major provides a diverse academic structure with a strong focus on practical skills and experiential learning, including patient and client interaction. The major is designed for students interested in a variety of career opportunities in healthcare and health-related services, including health promotion, strength and conditioning, cardiac and pulmonary rehabilitation, corporate wellness, and pre-professional programs such as physical therapy, occupational therapy, athletic training, chiropractic, and physician's assistant. Internships and independent research are utilized to allow students to work with healthy and high-risk clients of various age and ability.

Core: 21 credits

SpSc 107 – Nutrition
SpSc 110 – Intro to Health Careers
SpSc 120 – Functional Human Anatomy
SpSc 210 (2 credits) – Scientific Writing
SpSc 278 – Clinical Conditions
Coop 219 (1 credit) – Internship Prep
SpSc 319 (at least 2 credits) – Internship

Biological Sciences: choose at least 1

BIO 104 – Human Biology
BIO 225 – Human Physiology
BIO 322 – Human Anatomy

Human Body Structure and Function: choose at least 1

SpSc 220 – Clinical Lower
SpSc 225 – Clinical Upper
SpSc 310 – Exercise Physiology

Program Design: choose at least 2

SpSc 235 – Essentials of Strength and Conditioning
SpSc 341 – Exercise Testing and Prescription
SpSc 355 – Advanced Exercise Prescription
SpSc 360 – Therapeutic Modalities and Interventions

Health, Wellness, and Risk Management: choose at least 1

SpSc 250 – Personal Health and Wellness
SpSc 256 – Health Promotion, Education, and Behavior
SpSc 263 – Sport Law

Capstone: choose 1

SpSc 385 – Capstone Internship
SpSc 388 – Program Design Practicum
SpSc 398 – Independent Research

Highly Recommended:

SpSc 372 - Research Methods (required for SpSc 398
Research as capstone)

HEALTH AND EXERCISE SCIENCE MINOR

The HES minor is designed for students interested in advancing their knowledge and skills related to health and wellness concepts. Foundational coursework will allow students to select upper level courses in the HES major to best fit the individual's future career and compliment other areas of study across campus.

Required:

SpSc 107 - Nutrition
SpSc 120 – Functional Human Anatomy

Choose at least 2 of the following:

SpSc 220 – Clinical Lower
SpSc 225 – Clinical Upper
SpSc 235 – Essentials of Strength and Conditioning
SpSc 250 – Personal Health and Wellness
SpSc 256 – Health Promotion, Education, and Behavior
SpSc 263 – Sport Law
SpSc 278 – Clinical Conditions

Choose at least 1 of the following:

SpSc 310 – Exercise Physiology
SpSc 341 – Exercise Testing and Prescription
SpSc 360 – Therapeutic Modalities and Interventions

Strongly recommended:

SpSc 319 – Internship