

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