BS in Exercise Science

Exercise Science Courses
- Human Anatomy & Lab
- Human Physiology & Lab
- Biomechanics & Kinesiology
- General Chemistry I & Lab
- Integrated Software Applications
- Exercise Physiology
- Technology & Professional Applications in Physical Education
- Core & Prevention of Athletic Injuries & Lab
- First Aid/CPR and Safety and Lab
- Personal and Community Health
- Motor Learning
- Nutrition
- Cardio Fit
- Water Aerobics I

Teaching & Performance of Weight Training

Choose one of the following:
- College Algebra
- General Physics I

Additional Requirements
- Foundations of Kinesiology & Sport Management
- Motor and Sport Skills I
- Motor and Sport Skills II
- Motor and Sport Skills III
- Motor and Sport Skills IV
- Intro to Health Psychology
- Sport Marketing and Promotions
- Organization, Leadership, and Management of Kinesiology & Sport Management
- Sport Facilities Management
- Internship I

AT SOUTHERN NAZARENE UNIVERSITY, WE DON'T JUST BELIEVE IN YOUR DREAMS. WE EQUIP YOU WITH THE BEST EDUCATION WHICH GIVES YOU THE CONFIDENCE TO MAKE YOUR DREAMS A REALITY.

We know you are selecting a college for more than just its location or school colors. You want to go somewhere that will prepare you for the future. Your future.

At Southern Nazarene University, we want that for you too. That is why we work hard to make sure our degrees are supported by some of the top curriculum available.

We hire highly-qualified faculty who not only know the ins and outs of the profession you seek, but who truly wish to see you succeed individually. And we make sure you leave SNU prepared for a great job in an exercise science related field. That's why we can encourage you to not just dream, but to dream with confidence.

WITH TOP PROGRAMS
At SNU, our Exercise Science program is designed to prepare you for a career in a health related field. Fitness/wellness in schools, hospitals, medical clinics and community or private fitness centers. Our core requirements follow the professional preparation standards published by the American College of Sports Medicine (ACSM). So you know that you are getting the knowledge you need to succeed in your career.

WITH UNIQUE OPPORTUNITIES
We know you need more than just book knowledge to succeed in exercise science. You need hands-on training and experience. At SNU you will find a variety of internships tailored to your area of interest in exercise science. YMCA. Local recreation and fitness centers. Bethany First Church Family Life Center. Local high/middle school coaching staffs. Hospital cardiac rehabilitation. Or follow in the path of one current student and intern with the Oklahoma City Minor League Baseball Team, the Redhawks.

WITH HIGHLY QUALIFIED FACULTY
Your professors here at SNU are more than just teachers, they are experts in their fields of study with years of experience. On top of that, they have a personal investment in your success.

Take a class from Stephane Shellenber, the faculty/director for Leisure Services, assistant athletic director, and Senior Woman Administrator. She has a M.A. in Education/Physical Education from the University of Central Oklahoma. In
Jeremy Johnson is an SNU graduate from the Exercise Science program. He currently owns his own company, Health and Conditioning Systems, and works as a University Adjunct Professor. Johnson uses his knowledge of the latest research in the classroom to address the needs of his patients while his practice allows practical application examples for the classroom.

Johnson was just finishing up his graduate work at SNU when the Chair of the KSM department suggested that he stay on and teach. “This was something I had never considered, I prayed about it and felt called to stay so I agreed. In order to teach at the collegiate level, I had to have a Masters or be working on it so I started my Masters in Kinesiology Education at SNU and did one semester of team teaching with Dr. Moss before I started teaching on my own and the rest is history,” says Johnson.

Johnson has 13 years of personal training experience and worked as an exercise specialist for Mercy Health Center before opening his company and becoming an adjunct professor at SNU. You can learn more about his company at health-conditioning.com

“SNU is certainly pivotal in my success and I just really enjoy teaching so I’ve always made time for it, whether presently being President of my company or previously working for Mercy. My education opened doors for me at Mercy and really helped me develop my company and gain an understanding of the needs of the community and the fitness industry.”

If a dream is a blueprint of a goal not yet achieved, at SNU we partner with you to focus your efforts to attain whatever it is you hope to accomplish. Thus, we say DREAM WITH CONFIDENCE.