# EXERCISE NUTRITION HEALTH SCIENCES, BA

The Bachelor of Arts in Exercise, Nutrition & Health Science (ENHS) is a program designed for comprehensive study in combined disciplines of Exercise & Sport Science, Nutrition & Food Science, and Health Science. Students are prepared for a career in a variety of health, fitness, and sport settings such as exercise and health promotion, fitness program coordinator, personal trainer, exercise physiology, cardiac rehabilitation, nutrition therapy, community and public health, and personal and coach specific training and coaching.

In addition to the required general education, science specialization and career readiness core, the interdisciplinary nature of the program combines program coursework in anatomy and physiology, exercise science, human nutrition, biological and health science, fitness assessment and programming with hands-on clinical experiences. Students develop knowledge and skills to create realistic, measurable exercise and nutrition plans through evaluation of client needs, expectations and lifestyle assessments. Program, class, and laboratory experiences culminate in an undergraduate capstone project or research paper directly related to a student's professional goals.

Graduates are prepared to become certified fitness professionals through the American College of Sports Medicine as a personal trainer and group fitness instructor or as an ACE certified Health Coach. In addition, students begin the Coaching Principles credential and Sport First Aid credential offered through the Human Kinetics Coach Education Center prior to graduation.

**Program Objectives**

The Bachelor of Arts in Exercise, Nutrition & Health Science (ENHS) prepares students to:

- Understand and incorporate communication strategies appropriate for professional setting.

*Students will be able to demonstrate effective oral and written communication using appropriate demonstrative verbal, non-verbal and written skills.*

- Develop scientific proficiency using specialized methods to conduct evidence-based analysis for program evaluation.

*Students will be able to integrate knowledge and skills for exercise science, nutrition, and health science toward the application of skills necessary to exhibit proficiency in fitness assessment, program design and exercise implementation.*

- Integrate applicable core knowledge in exercise science, nutrition, and health science by analyzing current qualitative and quantitative research.

*Students will apply knowledge in exercise science, human anatomy, physiology, biomechanics, nutrition, and health science and understand the application across disciplines*

**Standards**

BA in ENHS students must maintain a cumulative C (2.0) grade point average. Students who do not achieve this level of academic progress may be dismissed from the program.

Courses taken for the major must be taken on a letter grade basis and students must maintain a 2.0 GPA to remain in the program.

**Professionalism**

Appearance, attitude and professional behavior are important elements of the student's preparation and professional success in the field. Students are expected to dress, speak, and exhibit professional behavior at all times. When a student's appearance, behavior, and/or attitude are in opposition to the educational goals to which the University's academic programs are dedicated, the student's conduct may result in probation or dismissal.

Students are expected to demonstrate evidence of personal and professional growth and conduct themselves in an ethical and professional manner while in class, on campus and at all university functions. Students are also expected to provide safe practice during all exercise science lab and food/nutrition lab work.

Students in the Associate of Applied Science in Exercise & Sports Studies (AAS in ESS), Bachelor of Professional Studies in Health & Wellness (BPS in H&W), and Bachelor of Arts in Exercise, Nutrition, & Health Science (BA in ENHS) must wear athletic clothes for some exercise and fitness lab experiences. The dress code should reflect professionalism for the field of health and fitness.

*Unsafe* exercise science lab or food/nutrition lab practice shall be deemed to be behaviors demonstrated by the student which threaten or violate the physical, biological, or emotional safety of others or the student partner. *Unprofessional* practice shall be deemed to be behaviors demonstrated by the student which are inappropriate.

Requirements for the Bachelor of Science in Exercise, Nutrition, & Health Science include 21 hours of credit in the science specialization. Students also complete 54 semester hours the Exercise, Nutrition, and Health Science Core that includes interdisciplinary courses between the sciences.

- Students must complete the final 30 credit hours of their degree at Roosevelt University; off-site allied health courses do not count towards this requirement.
- It is suggested that courses are taken the order of the curriculum plan.
- Following enrollment, completion of all remaining AHS, ALH, BIO, FIT and HCA courses must be accomplished at Roosevelt University. Under special circumstances, written permission to take required courses elsewhere may be granted by the Program Director.
- Courses in Exercise, Nutrition and Health Science must have been taken within the last eight years to be accepted for graduation.
- A grade of C- is the minimal acceptable grade for a course to be applied to the major and the supporting sequence, or to be acceptable as a prerequisite for subsequent courses.
- A minimum GPA of 2.0 is required for all courses in the major.

| Code | Title | Credit Hours |
|---|---|---|
| AHS 120 | LIFE SCIENCE BIOLOGY | 3 |
| AHS 121 | ANATOMY & PHYSIOLOGY | 3 |
| AHS 151 | EXERCISE PHYSIOLOGY | 3 |

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|---|---|---|
| AHS 390 | EXERCISE, NUTRITION & HEALTH SCIENCE: SENIOR CAPSTONE | 3 |
| or AHS 385 | HEALTH & WELLNESS COACH TRAINING | |
| AHS 399 | EXERCISE & SPORT ADVANCED INTE | 3 |
| FIT 100 | EXERCISE SCI | 3 |
| FIT 140 | HUMAN PERFORM | 3 |
| FIT 180 | FITNESS ASSESS | 3 |
| FIT 192 | ATHL TRAINING | 3 |
| FIT 222 | KINESIO AND BIO | 3 |
| FIT 235 | NUTRITION SPORT | 3 |
| FIT 275 | STRENGTH COND | 3 |
| FIT 290 | EXER PROG DES | 3 |
| FIT 310 | CONTEMP ISSUES | 3 |
| FIT 320 | SPORT SAFETY | 3 |
| FIT 325 | COACHING & MOTIV | 3 |
| HCA 360 | FOUNDATIONS HEALTH EDUCATION | 3 |
| MATH 217 | ELEMENTARY STATISTICS | 3 |

# CORE Requirements (General Education)

| Code | Title | Credit Hours |
|---|---|---|
| **First Year Success Course or Transfer Success Course** | | |
| FYS 101 | FIRST YEAR SUCCESS COURSE | 1 |
| or TRS 101 | TRANSFER SUCCESS 101 | |
| **Communication Requirement** | | |
| ENG 101 | COMPOSITION I: CRITICAL READING & WRITING | 3 |
| ENG 102 | COMPOSITION II: INTRODUCTION TO ACADEMIC RESEARCH | 3 |
| COMM 101 | PUBLIC SPEAKING (or program specific CORE communications course) | 3 |
| **Ideas Across Disciplines** | | |
| 3 credits in coursework categorized as Ideas. | | 3 |
| **Humanities and Fine and Performing Arts** | | |
| 9 credits from the following subject areas: African-American Studies, Art History, English (excluding ENG 101 and ENG 102), History, Languages, Music, Philosophy, Theatre, Communication and Women's and Gender Studies | | 9 |
| **Mathematics** | | |
| MATH 110 | QUANTITATIVE LITERACY (or above) [1] | 3 |
| **Science** | | |
| One biological science and one physical science required (at least one must be a four-hour lab). (Not applicable for science majors) | | 7-8 |
| **Social Sciences** | | |
| 9 credits from the following subject areas: African-American Studies, Anthropology, Economics, History, Journalism, Philosophy, Political Science, Psychology, Sociology and Women's and Gender Studies | | 9 |
| **Experiential Learning** | | |
| 6 credits from coursework categorized as Experiential Learning. | | 6 |
| Total Credit Hours | | 47-48 |

[1] Higher level of Math may be required by major

These quantitative requirements also apply to degrees.

- Students must earn a minimum of 120 semester hours.
- Students may apply no more than 60 credit hours of 100-level courses toward the degree.
- Students must apply no fewer than 60 credit hours of 200- and 300-level courses toward the degree.
- Students must have at least 18 credit hours (of the 60 credit hours above) at the 300 level.
- Students may transfer in no more than 70 credit hours from community colleges.
- Students must take their final 30 hours at Roosevelt University. Note that some majors have additional requirements for RU hours.
- Students must have a grade point average of 2.0 or higher to graduate. Note that some majors have additional GPA requirements.
- Students may apply no more than 51 hours in the major (BA) or 57 hours in the major (BS)

**Year 1**

| Fall | Credit Hours | Spring | Credit Hours |
|---|---|---|---|
| FYS 101 | 1 | ENG 102 | 3 |
| ENG 101 | 3 | MATH 110 | 3 |
| Humanities #1 | 3 | Ideas Across Disciplines | 3 |
| AHS 120 | 3 | AHS 121 | 3 |
| PSYC 103 (Social Science #1) | 3 | FIT 140 | 3 |
| FIT 100 | 3 | | |
| | 16 | | 15 |

**Year 2**

| Fall | Credit Hours | Spring | Credit Hours |
|---|---|---|---|
| COMM 101 | 3 | MATH 217 | 3 |
| Physical Science | 3 | Humanities #2 | 3 |
| PSYC 246 (Social Science #2) | 3 | Social Science #3 | 3 |
| NSCI 102 | 1 | FIT 275 | 3 |
| AHS 151 | 3 | FIT 180 | 3 |
| FIT 235 | 3 | | |
| | 16 | | 15 |

**Year 3**

| Fall | Credit Hours | Spring | Credit Hours |
|---|---|---|---|
| Humanities #3 | 3 | FIT 290 | 3 |
| Experiential Learning #1 | 3 | FIT 310 | 3 |
| FIT 192 | 3 | General Elective | 3 |
| FIT 222 | 3 | General Elective | 3 |
| General Elective | 3 | General Elective | 3 |
| General Elective | 1 | | |
| | 16 | | 15 |

**Year 4**

| Fall | Credit Hours | Spring | Credit Hours |
|---|---|---|---|
| Experiential Learning #2 | 3 | HCA 360 | 3 |

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|---|---|---|
| AHS 399 | 3 AHS 390 or 385 | 3 |
| FIT 320 | 3 General Elective | 3 |
| FIT 325 | 3 General Elective | 3 |
| General Elective[1] | 3 | |
| | 15 | 12 |

Total Credit Hours 120

[1] Satisfies CORE Experiential Learning requirement. EXL courses can satisfy major requirements/electives or CORE requirements. 6 credit hours total.