

# EXERCISE NUTRITION HEALTH SCIENCES, BA

The Bachelor of Arts in Exercise, Nutrition & Health Science (ENHS) is a program designed for comprehensive study in the combined disciplines of Exercise & Sport Science, Nutrition & Food Science, and Health Science. Students complete a foundational core in anatomy and physiology, general exercise science, nutrition for sport, and foundations in health education. The foundation of knowledge supports the flexibility to select from one of three concentrations of interest: Kinesiology, Nutrition and Health Science, or Sport and Health Coaching.

The Kinesiology concentration offers an in depth study of movement science with required courses in kinesiology, exercise physiology, strength and conditioning, and exercise program design. Students have additional flexibility to pursue areas of interest by selecting three elective courses from areas of exercise science, human performance, fitness, sport nutrition, or health science. This concentration is an excellent fit for students interested in exercise science, fitness, sport, pre-professional tracks or graduate studies in Physical Therapy or related disciplines.

The Nutrition and Health Science concentration offers an in depth study of food science, clinical nutrition, principles of health and global health. Students have additional flexibility to pursue areas of interest by selecting three elective courses from areas of nutrition assessment, health coach training, exercise science, fitness, or sport.

This concentration is an excellent fit for students who want to pursue careers in nutrition and food science, nutrition or health educator, corporate wellness, community and public health, and for students continuing with graduate studies in a related discipline.

The Sport and Health Coaching concentration offers studies in human performance for various populations, sport safety training, coaching principles, and health/wellness coach training. This concentration offers opportunities for students to stack coaching credentials in sport first aid, coaching principles and health coaching. Students have additional flexibility to pursue areas of interest by selecting three elective courses from areas of nutrition, exercise science, fitness, sport and health science. This concentration is an excellent fit for students who want to pursue careers in sport or health coaching, sport training, exercise and health promotion, personal training, or fitness program coordinator/director.

Requirements for the Bachelor of Arts in Exercise, Nutrition, & Health Science include 38 hours required in the major. Five required courses (17 Hours of Core) provide the foundation of knowledge. Four required courses (12 Hours of Concentration) are offered within each of the three concentration tracks (Kinesiology, Sport & Health Coaching, and Nutrition & Health Science). Students also select three free elective courses (9 Hours of Electives) within the BA in ENHS program and at least two of those electives must be at the 300 level.

- It is suggested that courses are taken in the order of the curriculum plan.
- Following enrollment, completion of all remaining AHS, ALH, BIOL, 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 department chair.
- Courses in Exercise, Nutrition and Health Science must have been taken within the last eight years to be accepted for graduation.

- The university's requirement for BA degrees is a minimum of 18 hours at the 300 level. Students in ENHS may need 300 level courses outside of the major if they do not choose two such courses from the elective list.
- PSYC 103 INTRODUCTORY PSYCHOLOGY and PSYC 200 INTRODUCTORY STATISTICS are two recommended Social Science courses within the General Education Core.
- 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.

## Requirements: 38 hours required in major

- 17 hours of core
- 12 hours of concentration
- 9 hours of electives

## Concentrations-

- Kinesiology
- Sport & Health Coaching
- Nutrition & Health Sciences

Code	Title	Credit Hours
<b>Core Courses for BA in Exercise, Nutrition and Health Science (ENHS) (17 Hours of Core)</b>		
BIOL 123	ANATOMY &PHYSIOLOGY I	4
BIOL 124	ANATOMY &PHYSIOLOGY II	4
FIT 100	INTRODUCTION TO EXERCISE SCIENCE & NUTRITION	3
FIT 235	NUTRITION SPORT	3
HCA 360	FOUNDATIONS HEALTH EDUCATION	3

Code	Title	Credit Hours
<b>Sport and Health Coaching Concentration</b>		
<b>(4 Required Courses - 12 Hours)</b>		
FIT 140	HUMAN PERFORM	3
FIT 320	SPORT SAFETY TRAINING	3
FIT 325	COACHING & MOTIVATION IN SPORT	3
AHS 385	HEALTH & WELLNESS COACH TRAINING	3

**(Select 3 Electives - 9 Hours) \*At least two electives must be at the 300 level.**

ALH 119	INTRODUCTION TO MEDICAL TERMINOLOGY	3
FIT 180	FITNESS ASSESS	3
FIT 192	ATHLETIC TRAINING & TAPING	3
FIT 265	SPORTS INJURIES & TREATMENT	3
FIT 375	STRENGTH & CONDITIONING	3
FIT 390	EXERCISE PROGRAM DESIGN	3
FIT 310	CONTEMPORARY ISSUES IN SPORT	3
AHS 260	CLINICAL NUTRITION	3
AHS 315	NUTRITION ASSESSMENT	3
AHS 330	SCIENCE OF FOOD	3
AHS 340	PRINCIPLES OF HEALTH	3
AHS 351	ADVANCED EXERCISE PHYSIOLOGY	3

AHS 399	ADVANCED INTERNSHIP CAPSTONE	3
HCA 300	GLOBAL HEALTH	3
BIOL 221	KINESIOLOGY	3

Code	Title	Credit Hours
<b>Nutrition and Health Science Concentration</b>		
<b>(4 Required Courses - 12 Hours)</b>		
AHS 260	CLINICAL NUTRITION	3
AHS 330	SCIENCE OF FOOD	3
AHS 340	PRINCIPLES OF HEALTH	3
HCA 300	GLOBAL HEALTH	3
<b>(Select 3 Electives - 9 Hours) * At least two electives must be at the 300 level.</b>		
ALH 119	INTRODUCTION TO MEDICAL TERMINOLOGY	3
FIT 140	HUMAN PERFORM	3
FIT 180	FITNESS ASSESS	3
FIT 192	ATHLETIC TRAINING & TAPING	3
FIT 265	SPORTS INJURIES & TREATMENT	3
FIT 375	STRENGTH & CONDITIONING	3
FIT 390	EXERCISE PROGRAM DESIGN	3
FIT 310	CONTEMPORARY ISSUES IN SPORT	3
FIT 320	SPORT SAFETY TRAINING	3
FIT 325	COACHING & MOTIVATION IN SPORT	3
AHS 315	NUTRITION ASSESSMENT	3
AHS 351	ADVANCED EXERCISE PHYSIOLOGY	3
AHS 385	HEALTH & WELLNESS COACH TRAINING	3
AHS 399	ADVANCED INTERNSHIP CAPSTONE	3
BIOL 221	KINESIOLOGY	3

Code	Title	Credit Hours
<b>Kinesiology Concentration</b>		
<b>(4 Required Courses - 12 Hours)</b>		
BIOL 221	KINESIOLOGY	3
AHS 351	ADVANCED EXERCISE PHYSIOLOGY	3
FIT 375	STRENGTH & CONDITIONING	3
FIT 390	EXERCISE PROGRAM DESIGN	3
<b>(Select 3 Electives - 9 Hours)*At least two electives must be at the 300 level.</b>		
ALH 119	INTRODUCTION TO MEDICAL TERMINOLOGY	3
FIT 140	HUMAN PERFORM	3
FIT 180	FITNESS ASSESS	3
FIT 192	ATHLETIC TRAINING & TAPING	3
FIT 265	SPORTS INJURIES & TREATMENT	3
FIT 310	CONTEMPORARY ISSUES IN SPORT	3
FIT 320	SPORT SAFETY TRAINING	3
FIT 325	COACHING & MOTIVATION IN SPORT	3
AHS 260	CLINICAL NUTRITION	3
AHS 315	NUTRITION ASSESSMENT	3
AHS 330	SCIENCE OF FOOD	3
AHS 340	PRINCIPLES OF HEALTH	3

AHS 385	HEALTH & WELLNESS COACH TRAINING	3
AHS 399	ADVANCED INTERNSHIP CAPSTONE	3
HCA 300	GLOBAL HEALTH	3

## Other Content

**CORE Requirements (General Education)**

Code	Title	Credit Hours
<b>First Year Success Course or Transfer Success Course</b>		
FYS 101	FIRST YEAR SUCCESS COURSE	1
or TRS 101	TRANSFER SUCCESS 101	
<b>Communication Requirement</b>		
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
<b>Ideas of Social Justice</b>		
3 credits in coursework categorized as Ideas.		3
<b>Humanities and Fine and Performing Arts</b>		
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
<b>Mathematics</b>		
MATH 110	QUANTITATIVE LITERACY (or above) <sup>1</sup>	3
<b>Science</b>		
One biological science and one physical science required (at least one must be a four-hour lab). (Not applicable for science majors)		7-8
<b>Social Sciences</b>		
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
<b>Experiential Learning</b>		
6 credits from coursework categorized as Experiential Learning.		6
<b>Total Credit Hours</b>		<b>47-48</b>

<sup>1</sup> 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 earning less than 60 total hours in residence 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)

<sup>2</sup> At least two electives must be at the 300 level

## Sport and Health Coaching Concentration

### Year 1

Fall	Credit Hours	Spring	Credit Hours
FYS 101	1	ENG 102	3
ENG 101	3	FIT 235	3
Humanities #1	3	Humanities #2	3
Social Science #1 (Suggest PSYC 103)	3	Ideas of Social Justice	3
MATH 110	3	General Elective or ALH 119	3
FIT 100	3		
	16		15

### Year 2

Fall	Credit Hours	Spring	Credit Hours
COMM 101	3	Social Science #2	3
BIOL 123	4	BIOL 124	4
Humanities #3	3	FIT 140	3
Experiential Learning	3	General Elective <sup>1</sup>	3
		General Elective <sup>1</sup>	3
	13		16

### Year 3

Fall	Credit Hours	Spring	Credit Hours
HCA 360	3	FIT 325	3
FIT 320	3	General Elective <sup>1</sup>	3
Physical Science	3	Social Science #3 (Suggest PSYC 200) <sup>2</sup>	3
General Elective <sup>1</sup>	3	General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3	General Elective <sup>1</sup>	3
	15		15

### Year 4

Fall	Credit Hours	Spring	Credit Hours
AHS 385	3	Major Elective <sup>2</sup>	3
Major Elective <sup>2</sup>	3	Major Elective <sup>2</sup>	3
Experiential Learning	3	General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3	General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3	General Elective <sup>1</sup>	3
	15		15

### Total Credit Hours 120

\* MATH 121 COLLEGE ALGEBRA for students wishing to complete the pre-physical therapy pre-requisites in the kinesiology concentration

<sup>1</sup> Or course towards an optional major

## Nutrition and Health Science Concentration

### Year 1

Fall	Credit Hours	Spring	Credit Hours
FYS 101	1	ENG 102	3
ENG 101	3	FIT 235	3
Humanities #1	3	Humanities #2	3
Social Science #1 (Suggest PSYC 103)	3	Ideas of Social Justice	3
MATH 110	3	General Elective or ALH 119	3
FIT 100	3		
	16		15

### Year 2

Fall	Credit Hours	Spring	Credit Hours
COMM 101	3	Social Science #2	3
BIOL 123	4	BIOL 124	4
Humanities #3	3	AHS 330	3
Experiential Learning	3	General Elective <sup>1</sup>	3
		General Elective <sup>1</sup>	3
	13		16

### Year 3

Fall	Credit Hours	Spring	Credit Hours
HCA 360	3	AHS 340	3
AHS 260	3	HCA 300	3
Physical Science	3	Social Science #3 (Suggest PSYC 200) <sup>2</sup>	3
General Elective <sup>1</sup>	3	General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3	General Elective <sup>1</sup>	3
	15		15

### Year 4

Fall	Credit Hours	Spring	Credit Hours
General Elective <sup>1</sup>	3	Major Elective <sup>2</sup>	3
Major Elective <sup>2</sup>	3	Major Elective <sup>2</sup>	3
Experiential Learning	3	General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3	General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3	General Elective <sup>1</sup>	3
	15		15

### Total Credit Hours 120

### Year 1

Fall	Credit Hours	Spring	Credit Hours
FYS 101	1	ENG 102	3
ENG 101	3	FIT 235	3
Humanities #1	3	Humanities #2	3

Social Science #1 (Suggest PSYC 103)	3 Ideas of Social Justice	3
MATH 110	3 General Elective or ALH 119	3
FIT 100	3	

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**Year 2**

Fall	Credit Hours Spring	Credit Hours
COMM 101	3 Social Science #2	3
BIOL 123	4 BIOL 124	4
Humanities #3	3 General Elective <sup>1</sup>	3
Experiential Learning	3 General Elective <sup>1</sup>	3
	General Elective <sup>1</sup>	3

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**Year 3**

Fall	Credit Hours Spring	Credit Hours
HCA 360	3 BIOL 221	3
FIT 375	3 FIT 390	3
Physical Science	3 Social Science #3 (Suggest PSYC 200) <sup>2</sup>	3
General Elective <sup>1</sup>	3 General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3 General Elective <sup>1</sup>	3

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**Year 4**

Fall	Credit Hours Spring	Credit Hours
AHS 351	3 Major Elective <sup>2</sup>	3
Major Elective <sup>2</sup>	3 Major Elective <sup>2</sup>	3
Experiential Learning	3 General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3 General Elective <sup>1</sup>	3
General Elective <sup>1</sup>	3 General Elective <sup>1</sup>	3

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**Total Credit Hours 120**

\* MATH 121 COLLEGE ALGEBRA for students wishing to complete the pre-physical therapy pre-requisites in the kinesiology concentration

<sup>1</sup> Or course towards an optional major

<sup>2</sup> At least two electives must be at the 300 level

**Year 1**

Fall	Credit Hours Spring	Credit Hours
FYS 101	1 ENG 102	3
ENG 101	3 FIT 235	3
FIT 100	3 BIOL 124	4
BIOL 123	4 Ideas of Social Justice	3
MATH 121	3 MATH 122	3

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**Year 2**

Fall	Credit Hours Spring	Credit Hours
COMM 101	3 BIOL 221	3

HCA 360	3 Humanities #1	3
PSYC 103	3 PSYC 201	3
Experiential Learning	3 General Elective	3
MATH 231	5 MATH 217	3

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**Year 3**

Fall	Credit Hours Spring	Credit Hours
AHS 351	3 BIOL 201	5
CHEM 201	5 CHEM 202	5
FIT 375	3 FIT 390	3
Social Science #3	3 Humanities #2	3

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**Year 4**

Fall	Credit Hours Spring	Credit Hours
BIOL 202	5 Major Elective <sup>1</sup>	3
Major Elective <sup>1</sup>	3 Major Elective <sup>1</sup>	3
Humanities #3	3 Experiential Learning	3
PHYS 201	4 PHYS 202	4

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**Total Credit Hours 120**

<sup>1</sup> At least two electives must be at the 300 level.