BACHELOR'S PROGRAM

Bachelor of Science in EXERCISE SCIENCE

Enhance Physical Fitness and Wellness

Exercise Science is a discipline that describes and assesses the acute and chronic effects of physical activity and exercise on the human body. In this program, students will acquire the theoretical knowledge and the practical skills to evaluate, prescribe, and instruct both individual and group exercise for those who are apparently healthy and those with controlled diseases. Designed to prepare students for future employment in the fitness, health, & human performance industries, the Exercise Science program at NCWU is **one of only five programs in the state of NC** and **one of only 125 in the nation** to be accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). With the help of the Health and Movement Science Club, NCWU is also recognized as an Exercise is Medicine (EIM) campus.

PERSONAL

Our faculty comprises accomplished professionals dedicated to challenging and supporting you throughout your academic journey through personalized mentoring and valuable networking opportunities.

PRACTICAL

Acquire skills that are versatile, transferable and valuable for any challenge or career throughout your education.

PURPOSE-DRIVEN

Use your degree to grow within the field of exercise science or as a stepping stone to pursue accredited certifications offered at leading organizations or post-graduate study programs.

CAREER AREAS:

- Biomechanist
- Cardiopulmonary Rehabilitation Specialist
- Corporate Fitness or Wellness Director
- Exercise Physiologist
- Strength & Conditioning Coach

A degree in Exercise Science may also be used as a foundation for graduate education in the following:

- Athletic Trainer
- Exercise Physiology
- Medical Doctor
- Occupational Therapist
- Physical Therapist
- Physician Assistant

PAY TRENDS:

The median annual wage* for the **Recreation and Fitness** field of degree is:

**Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook. Not entry level - varies based on location, education and experience. Recent graduates would need to earn experience and advance in career to earn a higher salary.*

"I learned more than I ever thought I would and am leaving NCWU with an outstanding resume, significant internship hours in my field, and more confidence about my future!"

Savannah Chenault, '22
BS in Exercise Science

NORTH CAROLINA WESLEYAN UNIVERSITY

ncwu.edu

BS IN EXERCISE SCIENCE

Scan to View Major Requirements
No minor available.

General Graduation Guidelines:

- Total of 120 semester hours, 33 of which must be numbered 300 or 400 (Other programs may require coursework beyond 120 semester hours)
- At least 9 semester hours of courses designated as writing intensive
- A declared major
- A cumulative GPA average of C (2.00) and at least a C average in the graduation major

PROGRAM GOALS:

- Prepares students to pursue various health-related careers in university, corporate, commercial, hospital, and community settings
- Prepares students who are interested in post-graduate study in Exercise Sciences and serve as an option for students interested in completing the prerequisites for admission into a variety of professional programs such as physical therapy, occupational therapy, athletic training, etc.
- Prepares students to enter the fitness industry. This may include testing and prescribing exercise for specific age groups such as elderly, children and adolescences as well as apparently healthy and those with controlled disease
- Prepares students to pursue NCCA accredited certifications as ACSM Certified Exercise Physiologist (ACSM EP-C) and other certifications offered at leading organizations such as ACE, NASM and NCSF

ADMISSIONS CRITERIA:

Students may declare Exercise Science as their major at any time during their freshman and sophomore years but must be officially admitted into the Exercise Science program. Students must meet all of the following minimum academic requirements to be admitted into the Exercise Science program:

- Cumulative GPA of 2.5 or better in all college coursework
- Completion of 56 semester hours
- Successful completion (grade of C- or better) in all the following courses: EXS 190, EXS 214, BIO 231, BIO 232, EXS 315, EXS 318, EXS 324 and EXS 325

Student admission into the Exercise Science program is determined by the Exercise Science program director, typically at the end of the fall semester of the student's junior year. Students who have not met all of the Exercise Science admission requirements cannot remain in the Exercise Science program and must change their major.*

**With proper justification from a student, and following a consultation with the Exercise Science program director, in addition to unanimous agreement from all full time Exercise Science program faculty members, some of the admission, but not graduation, requirements may be temporarily waived.*

CAAHEP · ACSM EXERCISE IS MEDICINE On Campus · CoAES Committee on Accreditation for the Exercise Sciences · EXERCISE SCIENCE

REV 09-2026

For more information, contact:

Office of Admissions
252.985.5200
800.488.6292
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