

# SPORTS AND EXERCISE SCIENCE

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## Overview

**Degrees Offered:** BAS

**Program Begins:** Fall, Spring, Summer

**Delivery Method:** Online, On Campus

**Phone:** 701-224-5486

**Email:** bsc.has@bismarckstate.edu

## Description

This BAS degree provides a comprehensive grounding in human movement, integrating knowledge from biological, physical, and health sciences to explore how the body functions at physiological, biochemical, and biomechanical levels. The program is designed for students aiming to enter or advance in areas such as personal training, strength and conditioning, corporate wellness, military/law enforcement/first responder readiness, or coaching. Students can also transfer on into graduate programs such as physical therapy, athletic training, and occupational therapy. Students will gain direct field experience through co-op/internship opportunities.

## Preparation

This program is designed to allow a student to be admitted as either a transfer applicant or as a direct enrolled applicant. Refer to the Program Admission (p. 1) tab for additional admission requirements.

Students enrolling in the Sports and Exercise Science BAS program as a transfer applicant may have earned any associate in applied science, associate in arts, or associate in science from an accredited institution recognized by Bismarck State College. Previous college coursework, along with industry experience and/or military training, may be considered to determine eligibility.

## Requirements

Students who complete the curriculum requirements can earn a Bachelor of Applied Science in Sports and Exercise Science.

## Program Pathways

Credits from the following programs may stack into the Sports and Exercise Science Bachelor of Applied Science degree:

- Clinical Exercise Science Certificate
- Exercise and Sports Studies AAS
- Sports and Fitness Management Certificate

## Career Opportunities

Strength & Conditioning Coach, Personal Trainer, Sports or E-sports Coach, Allied Health Worker, Sports Recruiter, Health Promotions Officer, Exercise Therapist, Physical Therapy Assistant

## College Admission

Review BSC's How to Apply page and complete the college admission requirements.

## Program Admission

The Bachelor of Applied Science in Sports and Exercise Science is designed for qualified students to be directly admitted.

In addition to being admitted to BSC, students must meet program requirements based on their status:

### First-Year Applicant

A student who has no prior postsecondary experience or who has earned less than 24 semester credits or 36 quarter credits. Students who earned college credits while still in high school are considered first-year applicants.

Students must apply and be accepted at BSC as degree seeking, in addition to the following requirements:

1. Minimum high school cumulative grade point average – 2.00+
2. Completion of high school core course requirements:
  - a. English: four units
  - b. Mathematics: Algebra I or above – three units

- c. Laboratory Science: three units
- d. Social Science: three units

**Notes:**

- Successful completion of a GED exam meets the qualifications for both #1 and #2 above.
- Applicants 25 years of age or older on the first day of class are exempt from the high school core requirements.
- Students who don't meet requirements #1 and #2 will begin their college career in Exercise and Sports Studies AAS.
- After the completion of one semester of BSC enrollment with a 2.00 cumulative GPA, a student may request a program change into the Sports and Exercise Science Bachelor of Applied Science program.

**Transfer Applicant**

A student who has earned 24 semester credits or 36 quarter credits from an accredited post-secondary institution.

Students must apply and be accepted at BSC as degree seeking, in addition to the following requirements:

1. Cumulative grade point average – 2.00+ on all accredited post-secondary institutions attended.
2. Student must not be on dismissed or suspension status at their most recently attended institution.

**Notes:**

- Students who don't meet requirements #1 and #2 will begin their college career in Exercise and Sports Studies AAS.
- After the completion of one semester of BSC enrollment with a 2.00 cumulative GPA, a student may request a program change into the Sports and Exercise Science Bachelor of Applied Science program.

**Returning Applicant**

Returning to BSC following a break in enrollment or graduation.

Students must apply and be accepted at BSC as degree seeking, in addition to the following requirements:

1. Cumulative grade point average – 2.00+ on credits from all prior accredited post-secondary institutions attended, including BSC.
2. Student must not be on dismissed or suspension status.

**Notes:**

- Students who don't meet requirements #1 and #2 will begin their college career in Exercise and Sports Studies AAS.
- After the completion of one semester of BSC enrollment with a 2.00 cumulative GPA, a student may request a program change into the Sports and Exercise Science Bachelor of Applied Science program.

## Degree Plans

- Sports and Exercise Science Bachelor of Applied Science

## Program Learning Outcomes

Upon graduation, Sports and Exercise Science students will be able to:

- Demonstrate knowledge and understanding of scientific facts, principles, and concepts of exercise as appropriate for an entry-level health/fitness professional.
- Demonstrate knowledge, skills, and abilities to design, administer, and assess exercise programs intended to improve wellness as appropriate for an entry-level health/fitness professional.
- Self-direct learning to further their own knowledge, skills, and abilities as health/fitness professionals.
- Communication effectively using modes consistent with the expectations of health/fitness professionals.
- Demonstrate professionalism and integrity in their health/exercise discipline.