

# EXERCISE SCIENCE WITH A CARDIAC REHABILITATION CONCENTRATION (BS)

This program is designed for students intending to pursue the field of Cardiac Rehabilitation following graduation. These courses will help prepare the student to sit for the American College of Sports Medicine (ACSM) Exercise Specialist Certification Exam.

*The following requirements are in addition to the Bachelor of Science core requirements, found here (<https://catalog.cornerstone.edu/undergraduate/cornerstone-core/>). (does not require a minor)*

## Exercise Science Core and Major Courses

Code	Title	Hours
<b>Program Core</b>		
BIO-151	GENERAL BIOLOGY	4
BIO-241	ANATOMY AND PHYSIOLOGY I	4
BIO-242	ANATOMY & PHYSIOLOGY II	4
KIN-341	ANATOMICAL KINESIOLOGY	4
Choose one of the following (Pre-PT majors must take MAT-121, 122 or 131)		3-5
MAT-110	COLLEGE MATHEMATICS	
MAT-121	COLLEGE ALGEBRA	
MAT-122	PRE-CALCULUS	
MAT-131	CALCULUS I	
<b>Required Courses</b>		
BIO-347	INTRO TO NUTRITION	3
KIN-1XX	Activity Course	1
KIN-211	HISTORY & PRINCIPLES OF KINESIOLOGY	3
KIN-251	MOTOR DEVELOPMENT AND LEARNING	3
KIN-342	EXERCISE PHYSIOLOGY	3
KIN-345	MEASUREMENT & EVALUATION	3
KIN-346	EXERCISE TESTING & PRESCRIPTION	3
KIN-362	FIRST AID, INJURY PREVENTION, TREATMENT	3
KIN-380	INTERNSHIP <sup>1</sup>	6
KIN-402	PROFESSIONAL CAPSTONE SEMINAR	1
KIN-403	PROF CAPSTONE RESEARCH PROJ	1
KIN-444	ADVANCED EXERCISE PHYSIOLOGY	3
MAT-151	STATISTICS	3
or BIO-121	BIOSTATISTICS	
<b>Total Hours</b>		<b>55-57</b>

<sup>1</sup> ExSCI, PT, and OT Majors **only**. Cardiac Rehab majors take KIN-381 INTERNSHIP - CARDIC REHAB in their own concentration

## Cardiac Rehabilitation Concentration

Code	Title	Hours
BIO-353	PATHOPHYSIOLOGY	3
KIN-361	ECG (ELECTROCARDIOGRAPHY)	2

KIN-364	CARDIOVASCULAR DISEASE RISK/ MANAGEMENT	3
KIN-381	INTERNSHIP - CARDIC REHAB <sup>1</sup>	12
PSY-239	ADULT PSYCHOLOGY	3
SCI-242	MEDICAL TERMINOLOGY	2
SCI-346	PHARMACOLOGY	3
<b>Total Hours</b>		<b>28</b>

<sup>1</sup> 1200 documented clinical hours in one experience required to take ACSM certification exam