

Exercise Science

B.A. | Bachelor of Arts in Exercise Science

nwcsiowa.edu/kinesiology

Focus on faith

A Christian perspective is central to everything we do at Northwestern. It's what sets us apart from colleges where faith is on the margins or missing altogether. As an exercise science major, you'll learn to appreciate the human body as a temple of the Holy Spirit and a vessel created in God's image.

State-of-the-art labs + equipment

Our human performance lab, athletic performance center and athletic training clinic are outfitted to provide hands-on learning in research, training and patient care. Equipment includes a BodPod body composition tracking system, Sorinex weight equipment, and cardiopulmonary exercise testing equipment.

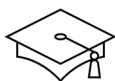
Expert profs + free tutoring

With professional experience in research, teaching, coaching and patient care, Northwestern kinesiology professors will give you opportunities to collaborate on research and training programs. You'll also have access to free tutoring services from a professional science tutor and 70+ student science tutors.

Standout internships

Work with our Compass Center for Career & Calling to find impressive internships at places like:

- ✓ Cressey Sports Performance, Boston, MA
- ✓ Kinetic Edge Physical Therapy, Pella, IA
- ✓ Ultimate Fighting Championship Performance Institute, Las Vegas, NV
- ✓ Center of Biomechanical Research, University of Nebraska–Omaha



100% placement

100% of our recent exercise science grads found a job or started grad school within six months of graduation.



Real-world experience

Intern with a local health professional or develop training programs for Raider athletic teams.



Perfect score

100% pass rates for NWC strength + conditioning students who take the CSCS test

Outcomes

If you are passionate about movement, an exercise science degree can open doors to careers in health care, athletic training, education, fitness instruction and more. Join our standout alumni at employers and graduate schools such as:

- Laurus Athletic Rehab + Performance, Roseville, MN
- University of Iowa (DPT program), Iowa City
- University of Memphis, TN
- University of Montana (DPT program), Missoula, MT

Exercise Science

Fall 2023

Course #	Course	Credits	Offered
KIN180	Introduction to Kinesiology	3.0	FA & SP
BIO121	Intro to Human Anatomy	4.0	FA
CHE101*	College Chemistry	4.0	FA
		11.0	

Spring 2024

Course #	Course	Credits	Offered
KIN104	First Aid	1.0	FA or SP
BIO122	Intro to Human Physiology	4.0	SP
CHE102*	College Chemistry	3.0	SP
		8.0	

Fall 2024

Course #	Course	Credits	Offered
KIN233	Anatomical Kinesiology	3.0	FA & SP
KIN241	Directed Field Experience I	1.0	FA & SP
		4.0	

Spring 2025

Course #	Course	Credits	Offered
KIN234	Prev and Care of Athletic Injuries	3.0	FA & SP
		3.0	

Fall 2025

Course #	Course	Credits	Offered
KIN325	Physiology of Exercise	4.0	FA
KIN341	Directed Field Experience II	1.0	FA & SP
		5.0	

Spring 2026

Course #	Course	Credits	Offered
KIN330	Exercise Testing and Prescription	3.0	SP
^KIN370	Nutrition for Health Care Prof	3.0	SP
		6.0	

Fall 2026

Course #	Course	Credits	Offered
KIN333	Biomechanics	3.0	FA
KIN450	Sen Sem: Moving Forward	2.0	FA & SP
BIO115	Molecular and Cellular Biology	4.0	FA
		9.0	

Spring 2027

Course #	Course	Credits	Offered
KIN417	Internship	4.0	FA & SP
KIN403	Motor Learning	3.0	SP
		7.0	

*CHE101 and CHE102 could be taken during the second year.

^Or KIN371 Sports Nutrition in the fall

**This plan does not include any pre-requisites for graduate school (PT, OT, AT, etc....) nor any requirements for a career concentration in strength & conditioning.

***This is a GUIDE - Class days, times and offerings may change and conflict with each other, in which case adjustments would need to be made.