ABILENE CHRISTIAN UNIVERSITY

Bachelor of Science in Exercise Science

COLLEGE OF HEALTH AND HUMAN SERVICES

100% ONLINE

120 CREDIT HOURS

Timeline: 3.5 Years

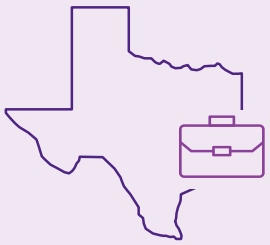
Admission Requirements:

- Complete the online program application accompanied by a non-refundable processing fee.
- Submit official high school with a minimum 2.5 GPA and/or college transcripts with a minimum 2.0 GPA.
- Students are not required to submit ACT or SAT test scores.

Cost:

- Per Credit: $395
- Per Course: $1,185
- Total Tuition: $47,400
- Total Tuition + Fees: $53,600

Job Outlook in Texas:



120,530 Jobs
in 2025*

+.9%
Employment Growth (2025-2026)

$61,400 *per year*
Median Earnings

*Filtered by the proportion of the national workforce in these occupations with a Bachelor's degree. Source Lightcast 2026.

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

Major Requirements:

EXSO 201: Foundations of Exercise Science
An introduction to foundational principles, concepts, and trends within health, wellness, fitness and human performance. Professional organizations and careers within these fields are examined.

NTRO 224: Nutrition for Exercise & Sport
Provides comprehensive, accurate, and up-to-date information concerning basic fundamentals of how the active individual can achieve optimal nutrition by fueling before, during, and after exercising. Examines how the athlete can use nutrition to achieve peak performance.

KINO 232: Structural Kinesiology
Anatomical foundations and mechanics of human motion; basic principles of motor skills.

KINO 311: Motor Behavior
This course provides an overview of the major theories in Motor Learning, Motor Control, and Motor Development.

KINO 342: Exercise Testing, Evaluation and Prescription
This course offers practical application of theory of exercise science in order to provide the student with sufficient knowledge to evaluate fitness levels and develop, prescribe, and teach appropriate exercise programs with varying goals and populations.

KINO 360: Leadership and Management for Health Promotion
Designed to explore many leadership and management theories and practices with application in the fields of health promotion, sport, and recreation. A writing intensive course.

EXSO 374: Exercise Physiology and Applications
A study of the acute and chronic physiological responses to exercise. Applications are made to training methods and interventions to improve health and human performance.

KINO 399: Research Methods in Kinesiology and Nutrition
A study of the research process in Kinesiology and Nutrition from inception to statistical analysis. The course includes how to read and interpret research reports and how to present a research proposal. A writing intensive course.

EXSO 401: Strength and Conditioning for Performance
Applies scientific principles of strength training and conditioning for performance enhancement in sport and tactical populations. Topics include testing and evaluation, exercise techniques, exercise prescription, and program design.

EXSO 421: Exercise and Special Populations
Application of specialized exercise science considerations relative to exercise assessment, techniques and prescription for groups with unique needs such as children, adolescents, elderly, pregnant, post- partum, and those with clinical diseases and conditions.

EXSO 451: Professional Certifications in Health & Human Performance
The course is designed to inform students about certifications in the field and prepare students for the successful completion of a professional certification from a nationally recognized organization within Health and Human Performance.

EXSO 491: Exercise Science Capstone
The course provides a culminating experience in which students analyze and synthesize knowledge, applications, and skills from across their program to demonstrate mastery of learning.

KINO 498: Biomechanics
Practical application of analysis, diagnosis, and demonstration as used in a teaching situation.

Additional Required Courses:

Some hours may also fulfill university requirements and are not included in total major hours.

PSYC 120: Introduction to Psychology
A comprehensive survey of the science of psychology emphasizing human behavior.

MATH 123: Elementary Statistics
Collection, presentation, analysis and interpretation of data, and probability. Analysis includes descriptive statistics, confidence intervals, hypothesis testing, correlation and regression. Includes an embedded workshop.

CHEM 113: Introductory Chemistry
Fundamental concepts of atomic structure; chemical reactions of acids, bases, and salts; behavior of solids, liquids, and gases; and solutions are presented to students of nursing and agriculture.

BIOO 291: Anatomy and Physiology I
A systems approach to human anatomy and physiology emphasizing the musculoskeletal, nervous, and endocrine systems.

BIOO 293: Anatomy and Physiology I Laboratory
Laboratory study of topics covered in BIOL 291. For non-biology majors.

BIOO 292: Anatomy and Physiology II
A systems approach to human anatomy and physiology emphasizing the circulatory, respiratory, digestive, and genitourinary systems.

BIOO 294: Anatomy and Physiology II Laboratory
Laboratory study of topics covered in BIOL 292. For non-biology majors.

PSYC 356: Health Psychology
Psychological study of the impact of behavior on health and the influence of health and disease states on quality of life. Includes biopsychosocial study of the behavioral correlates of health, illness and disability, the improvement of health care, and the development of healthy habits and reduction of unhealthy behaviors.

Electives

17 hours of electives.

General Education/University Requirements

56 hours of general education and university requirements are needed to fulfill this degree, including 9-15 hours of Bible courses. Specific courses will be determined based on a student's incoming transfer credits.

Please see the ACU Catalog for full program details.