



SCHOOL OF HEALTH SCIENCES AND HUMAN PERFORMANCE

# Exercise Science, Sport Sciences, BS

Pursue Your Passion for Human Performance and Wellness

Explore the science behind performance and wellness. The Sport Sciences concentration dives into the biomechanical, physiological, and psychological aspects of human movement. Whether you're certain of your path or still exploring, we'll help you find a route that matches your interests and goals. Learn to evaluate performance and improve function through cutting-edge science and practice. This program prepares students for careers or graduate education in areas like biomechanics, sport psychology, prosthetics, fitness, and more.

## SCIENTIFIC FOUNDATION

Explore the biomechanical, neuromuscular, and psychological principles of human performance.

## RESEARCH AND DISCOVERY

Tackle real-world challenges through guided research and experiential learning in our state-of-the-art clinics and labs.

## CAREER VERSATILITY

Prepare for a wide range of professions in sport, health, and performance science. Career-ready from day one, you'll graduate with the versatility and entrepreneurial mindset to be a leader in performance and health related fields.



For more information:  
[HSHPdean@ithaca.edu](mailto:HSHPdean@ithaca.edu)  
or visit  
[ithaca.edu/ESAT](http://ithaca.edu/ESAT)



ITHACA COLLEGE

School of Health Sciences and Human Performance

# Exercise Science, Sport Sciences Concentration

Cumulative total for Degree = 120 credits

## First Year Fall Courses

EXSS 12000 Anatomy & Physiology I (4)  
EXSS 12500 Foundations of Human Performance and Wellness (2)  
WRIT 10600 Academic Writing (AW)(4)  
ICC Ithaca Seminar (4)

## First Year Spring Courses

EXSS 12100 Anatomy & Physiology II (4)  
EXSS 22000 Kinesiology (4)  
ICCThemes and Perspectives (CA)(3)  
MATH xxxxx/ICC Statistics Elective (QL)(3)  
Free Elective (3)

## Second Year Fall Courses

PHYS 10100 Physics I (4)  
EXSS 20200 Sport and Exercise Psychology (3)  
MATH xxxx Math Elective (4)  
Free Elective (3)

## Second Year Spring Courses

HLTH 20200 Human Nutrition (3)  
EXSS 24600 P&C of Athletic Injuries (3)  
EXSS xxxxx Restricted Elective/Minor (3)  
Free Electives (6)

## Third Year Fall Courses

EXSS 32100 Exercise Physiology (4)  
EXSS xxxxx Restricted Elective/Minor (3)  
ICC Themes and Perspectives (HM)(3)  
ICC Themes and Perspectives (SO)(3)  
Free Elective (3)

## Third Year Spring Courses

EXSS 30600 Biomechanics (4)  
EXSS 32000 Neuromuscular Control (3)  
EXSS 37500/ICC Research Methods (WI)(3)  
EXSS xxxxx Restricted Elective/Minor (3)  
ICC Diversity Elective (DV)(3)

## Fourth Year Fall Courses

EXSS 47500 Research Team I (2)  
EXSS xxxxx Restricted Elective/Minor (3)  
EXSS xxxxx Restricted Elective/Minor (3)  
Free Electives (6)

## Fourth Year Spring Courses

EXSS 47700/ICC Research Team II (CP)(2)  
EXSS xxxxx Restricted Elective/Minor (3)  
Free Electives (10)

**Integrative Core Curriculum:** Creative Arts (CA), Humanities (HM), Natural Sciences (SC), Social Sciences (SO), Ithaca Seminar (ICSM), Academic Writing (AW), Diversity (DV), Quantitative Literacy (QL), Writing Intensive (WI), Capstone (CP)