

EXERCISE SCIENCE, UNDERGRADUATE CERTIFICATE

Program Code: UGCT-SP
Cert Code: EXR

Health, Nutrition and Dietetics Department

Caudell Hall 334
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hnd.buffalostate.edu/ (<https://hnd.buffalostate.edu/>)

This certificate emphasizes that physical activity is inextricably linked to longevity and disease prevention. Through coursework, the exercise science certificate provides students with the foundational knowledge and skills to pursue a career in personal training, corporate fitness, and graduate school in applied exercise physiology. Students with an exercise science certificate are encouraged to pursue highly recognized certifications related to exercise science.

This program will not lead to NY State Licensure nor does it allow students to practice within any scope of practice of a licensed professional.

Program Requirements

Code	Title	Credit Hours
Required Courses (12 credit hours)		
HEW 301	KINESIOLOGY: APPLIED ANATOMY AND BIOMECHANICS	3
HEW 304	EXERCISE PHYSIOLOGY I	3
HEW 306	EXERCISE PHYSIOLOGY II	3
HEW 330	PRINCIPLES OF PERSONAL TRAINING	3
Electives (6 credit hours)		
Choose 2 from the following:		6
HEW 331	PRINCIPLES OF STRENGTH AND CONDITIONING	
HEW 335	PREVENTION AND CARE OF ATHLETIC INJURIES	
NFS 102	INTRODUCTORY NUTRITION	
PSY 376	HEALTH PSYCHOLOGY	
SOC 324	SOCIOLOGY OF SPORT	
Total Credit Hours		18