

Exercise Science
Bachelor of Science
2025-2026

General Areas of Service: The Exercise Science degree prepares students to pursue graduate studies and careers in physical therapy, occupational therapy, and other allied health professions. The exercise science major also prepares graduates to pursue advanced degrees in areas including exercise physiology, biomechanics or motor learning.

Professional Training: Most exercise science graduates will attend graduate school for Physical Therapy, Occupational Therapy or other exercise science graduate programs.

Job Outlook: According to the Bureau of Labor Statistics (BLS), employment growth from 2021 to 2031 in healthcare occupations is projected to grow 13 percent, and for exercise physiologists by 9 percent. (See www.bls.gov)

Earnings: The Bureau of Labor Statistics (BLS) reports that in May 2021, the median annual wage for healthcare practitioners

and technical occupations was \$75,040 and healthcare support occupations earned \$29,880. About 1,700 openings for exercise physiologists are projected each year, on average, over the decade. However, small occupations have a fast growth resulted in only about 2,200 new jobs over the decade. (See www.bls.gov)

Note: Before graduation, all students must take an exit exam.

HEALTH & PHYSICAL
EDUCATION DEPARTMENT

Winter Education Complex
(509) 527-2325

Websites

[Walla Walla University University Bulletin](#)

[Health & Physical Education Department](#)

Faculty

Chair

[Rodd Strobel](#)

Advisor

[Mike Hellie](#)

Professional Organizations

[American Alliance for Health,](#)

[Physical Education, Recreation & Dance](#)

Suggested Degree Path

TOTAL CREDITS REQUIRED: 192 cr. GENERAL STUDIES REQUIREMENTS: 64-69cr. [See the Undergraduate Bulletin for Details](#) The chart below details one suggested path a student may take to complete a bachelor's degree in Exercise Science. Cognates are listed in italics.

Freshman year

Fall Courses	Hours
Wellness for Living (HLTH 110)	3
Intro to Ex Science & Phy Ed (PETH 214)	2
Anatomy & Physiology (BIOL 121 & BIOL121L)	4
General Studies	7
Total	16

Winter Courses	Hours
General Psychology (PS/C 130)	4
Exercise Science Electives	4
Anatomy & Physiology (BIOL 122 & BIOL122L)	4
General Studies	4
Total	16

Spring Courses	Hours
Strength Training (PEAC 122)	1
Developmental Psychology (PS/C 215)	4
Medical Terminology (NRSRG 234)	2
Anatomy & Physiology (BIOL 123 & BIOL123L)	4
General Studies	5
Total	16

Sophomore year

Fall Courses	Hours
Research Writing (ENGL 223)	3
Intro to Statistics (MATH 106)	4
General Studies	9
Total	16

Winter Courses	Hours
Lifeguard Training (PETH 107)	2
General Studies	14
Total	16

Spring Courses	Hours
Ethics in Health Sciences (HLTH 210)	2
Care and Prevention of Injuries (PETH 225)	3
General Studies	11
Total	16

Junior Year

Fall Courses	Hours
Adapted PE & Recreation (PETH 324)	3
Coaching Strength and Conditioning (PETH 353)	2
Biomechanics (PETH 325)	4
Electives/Minor/Pre-Professional	7
Total	16

Winter Courses	Hours
Etiology of Selected Diseases (HLTH 315)	3
Basic Therapy (HLTH 328)	2
Exercise Physiology (PETH 426)	4
Electives/Minor/Pre-Professional	7
Total	16

Spring Courses	Hours
Aerobic Rhythm (PEAC 133)	1
Fitness Evaluation Techniques (PETH 427)	3
Consumer Health (HLTH 331)	3
Electives/Minor/Pre-Professional	9
Total	16

Senior Year

Fall Courses	Hours
Circuit Weight Training (PEAC 123)	1
Senior Seminar (PETH 496)	3
Health Psychology (HLTH 370)	3
Electives/Minor/Pre-Professional	9
Total	16

Winter Courses	Hours
Motor Learning (PETH 425)	4
Admin of Health, Phy. Education and Recreation (PETH 484)	2
Electives/Minor/Pre-Professional	10
Total	16

Spring Courses	Hours
Internship in Exercise Science (PETH 490)	14
Electives/Minor/Pre-Professional	12-15
Total	16

*Colloquium: Eight quarters required or two quarters for every year in residence as a declared Health Science, Exercise Science, or Physical Education Major at WWU, whichever is less.

General Studies Credits Still Needed (47 Credits): Elective/Minor/Pre-Professional Credits Available: History – 8 Credits

58+ Credits Available Humanities – 12 Credits // Language Arts – 9 Credits // Religion – 18 Credits (6 Upper Division)

Office of Academic Advisement

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