



## DEGREES OFFERED

*Bachelor of Arts in Sport Biology, concentration in Biology*  
*Bachelor of Science in Sport Biology, concentration in Biology*

## ABOUT THE MAJOR

Sport Biology/Kinesiology concentration in Biology at Holy Names University will focus on the study of the relationship between physical activity and science, particularly exercise physiology, biomechanics and nutrition. Sport Biology majors take coursework within the areas of biology and physical education. Student learning and development is enhanced by small class sizes and a close interaction with professors. This program will emphasize the development, interpretation, application and dissemination of knowledge that relates physical activity to human health, and prepares students for the ACSM exercise specialist certification, professional careers or graduate school.

## CAREER OPTIONS

Adult Fitness Director/ Specialist	Movement or Sports Psychologist
Aerobics Instructor	Occupational Therapist
Athletic Trainer	Orthopedist
Cardiovascular & Pulmonary Rehabilitation	Performance Assessment
Chiropractor	Personal Trainer
Community Exercise & Health Activist	Physical Therapist
Exercise Physiologist	Physical Education Teacher
Gait Analyst	Prostheticist
Group Exercise Instructor	Recreational/Sports Facilities Administrator
Health/Fitness Program Director	Seniors Fitness Consultant
Health/Wellness Consultant	Sports Coach
Industrial Ergonomist	Sports Equipment Designer
Movement Analyst	Sports Manager
	Sports Medicine Specialist
	Therapy Clinic Administrator

## BACHELOR OF ARTS IN SPORT BIOLOGY

### Preparation for the Major (24 units)

BIOL 1A & 1B	Principles of Biological Science (4, 4)
BIOL 17	Human Anatomy & Lab (4)
CHEM 7	Introductory Chemistry for Health Sciences (4)
NUTR 1	Nutrition & Metabolism (3)
PHED	Intercollegiate Sports or PE (1)
PHED 12	First Aid & CPR (1)
ECON 15/PSYC 63	Statistics (3)
MATH 1	Precalculus (recommended)

### Major Requirements (25-29 units)

COM 101	Organizational Communication (3)
BSAD 170	Sports Organiz. & Leadership (3)
BIOL 115	Systemic Physiology (3)
BIOL 115L	Exercise Physiology Lab (3)
BIOL 111	Kinesiology & Biomechanics (3)

PSYC 114	Sport Psychology (3)
PHED 111	Sport Theory (3)
PHED 110	P.E. for Teachers (1)
BIOL 194	Field Experience (2-6)
BIOL 195W	Senior Seminar (1)

## BACHELOR OF SCIENCE IN SPORT BIOLOGY

### Preparation for the Major

BIOL 1A & 1B	Principles of Biological Science (4, 4)
BIOL 17	Human Anatomy & Lab (4)
CHEM 1A & 1B	General Chemistry I & II (5, 5)
CHEM 18 & 18L	Organic Chemistry I & Lab (4)
PHYS 8A	General Physics I (4)
PHYS 8B	General Physics II (4)
ECON 15/PSYC 63	Statistics (3)
MATH 1	Precalculus (recommended)
MATH 11	Calculus I (recommended)

### Major Requirements (37 units)

CHEM 119	Organic Chemistry II (3)
CHEM 119L	Organic Chem. Lab (1)
BIOL 115	Systemic Physiology (3)
BIOL 115L	Exercise Physiology Lab (3)
BIOL 111	Kinesiology & Biomechanics (3)
PSYC 114	Sport Psychology (3)
BIOL 185	Metabolism & Nutrition (3)
BIOL 185L	Metabolism & Nutrition Lab (2)
BIOL 160	Genetics (3)
BIOL 194	Field Experience (2-6)
BIOL 195W	Senior Seminar (1)

## FACULTY

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