The Program
The Department of Exercise and Health Sciences is dedicated to preparing students for careers and further education aimed at reducing adverse health conditions associated with sedentary behavior and empowering individuals and communities to take charge of their own health and well-being.

Highlights of our department include a nationally recognized faculty, an active learning environment with an abundance of student-faculty interaction, and numerous opportunities for career development through a wide range of internship experiences, directed research, and professional activities.

Program Focus
Our curriculum includes a solid foundation based on the principles of exercise physiology and physical activity promotion while offering the flexibility for students to pursue prerequisite courses for graduate programs in many health professions.

All students who graduate from the EHS program are eligible to sit for the American College of Sports Medicine's Exercise Physiologist-Certified exam. This certification is a valuable distinction for EHS professionals in the workforce.

Internship
Each student is required to complete a 400-hour internship in an environment that provides a professional mentor, the opportunity to develop knowledge and practical skills, and develop a professional network to assist them with their next steps toward a career. Internship sites include local hospitals, physical therapy clinics, exercise physiology laboratories, division I athletic programs, public health programs, research, and more.

Faculty
Our faculty have broad expertise in many areas of exercise and health science including:
- Promotion of physical activity in children and adults with intellectual disabilities;
- Designing health behavior interventions;
- The effects of mind-body exercise on physical and cognitive functions;
- The influence of the built environment on physical activity and obesity;
- The role of exercise in long-term weight loss in children and their families;
- Cardiovascular epidemiology;
- Cardiovascular disease and obesity prevention;
- Interventions to improve dietary behaviors, increase physical activity, and prevent obesity among Latinos;
- The Roles of metabolic disease and exercise on muscle energy metabolism;
- Understanding how aging and health disparities alter cardiovascular responses to exercise.

To Learn More, Visit:
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Boston, MA 02105-3393
617.287.7500
www.cnhs.umb.edu/programs
Exercise and Health Sciences Program (BS)  
Undergraduate Program Requirements

To fulfill the requirements for the Bachelors of Science in Exercise & Health Sciences, students must complete all 17 EHS Core courses, General Education courses, and enough general electives to reach 120 credits.12

EHS Core Requirements

| BIOL 207 Anatomy & Physiology I (4 CR)3 | EHS 320 Adapted Physical Activity |
| BIOL 208 Anatomy & Physiology II (4 CR) | EHS 345 Health Behavior Change |
| EHS 120 Careers in Exercise & Health | EHS 370 Exercise Program Design |
| EHS 160 Fitness & Wellness | EHS 385 Exercise Physiology I4 |
| EHS 230 Strength & Conditioning | EHS 490 Internship (12 CR) |
| EHS 260 Physical Activity and Health | EHS Elective #15 |
| EHS 280 Stats for Health Professionals | EHS Elective #2 |
| EHS 300 Health Fitness Assessment (4 CR) | EHS Elective #3 (300/400 level) |
| EHS 310 Kinesiology | |

General Education Requirements

| ENGL 101 Freshman English I | 2 Arts (AR) or Humanities (HU)7 |
| ENGL 102 Freshman English II | 1 Social / Behavior Science (SB) |
| First Year Seminar (4CR)6 | 2 World Languages (WL) or Cultures (WC) |
| Intermediate Seminar | Writing Proficiency Exam |

General Electives

In addition to EHS major and general education requirements, EHS students must complete general elective courses which can be chosen from any academic discipline at UMass Boston. The number of general elective credits varies but is generally between 21 and 36 credits, depending on course selection, prerequisites, and/or possible transfer credit. To determine your number of required general elective credits, add the number of EHS major credits and general education credits required of you and then subtract that total from the 120 credits required for graduation.

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1 All courses are 3 credits except where otherwise noted.
2 Many EHS courses have pre-requisites, co-requisites and/or other requirements; please refer to the UMass Boston Online Course Catalog for complete information.
3 BIOL 111 College Biology I is a prerequisite for BIOL 207.
4 Students may opt to take EHS 386 – Exercise Physiology I Lab for 1 credit.
5 EHS Electives are courses with an EHS prefix which must be at least 3 credits.
6 FYS is not required of students who enter UMass Boston with 30 or more credits.
7 General Education courses are either 3 or 4 credits, depending on course selection.