

Department of Exercise and Sport Sciences

Exercise and Sport Science is an intellectual and physical discipline that prepares students for a deeper understanding of physical activity, specifically, exercise and sport. The discipline derives its knowledge base from experiencing physical activity, studying the theoretical bases of physical activity, and experiencing professional practice centered in physical activity.

Faculty

- Kim McCullough, M.S., Chair
- Chris Huggins, D.P.T., PT, COMT
- Laurel Littlefield, Ph.D.
- Toby Rogers, Ph.D.

Degrees

To earn a degree, students must complete the curriculum and meet other requirements for a degree listed in the academic policy section of this catalog.

- [Bachelor of Science in Exercise Science with an Exercise and Health Promotion emphasis](#)
- [Bachelor of Science in Exercise Science with a Pre-Physical Therapy emphasis](#)
- [Bachelor of Science in Exercise Science with a Pre-Occupational Therapy emphasis](#)
- [Bachelor of Science in Exercise Science with an Athletic Training emphasis](#)
- [Bachelor of Science in Exercise Science with a Sport and Exercise Psychology emphasis](#)
- [Bachelor of Science in Physical Education](#)
- [Bachelor of Science in Sport Management](#)

Programs

- [Athletic Training/Fast Track](#)
- [Athletic Training Licensing](#)

Bachelor of Science in Exercise Science with an emphasis in Exercise and Health Promotions

Prepares students for careers in fitness or clinical settings working with health, diseased, and injured populations.

A. University Core (46 hours)

- BIB1310 Introduction to the Old Testament
- BIB1320 Introduction to the New Testament
- BIB3305 Christian Heritage
- BIB3310 Christian Life
- COM2340 Communication for the Professional
- ENG1301 Composition Studies
- ENG1302 Composition and Literature
- 3 hours from
 - PSY1300 General Psychology
 - SOC1300 General Sociology
- 3 hours from HIS
- 3 hours from ECO, FIN, GOV, or HIS
- ESS1200 Personal Fitness and Wellness
- UNI1170 University Seminar
- MAT1311 College Algebra
- BIO2401 Human Anatomy and Physiology I
- 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL
- UNI2000 University Skills

B. Major (30 hours)

- ESS1 hour activity course
- ESS1201 Introduction to Exercise and Sport Sciences
- ESS2310 Care and Prevention of Athletic Injuries
- ESS2314 Human Movement

- ESS3321 Management of Sport
- ESS3340 Motor Learning and Control
- ESS3341 Measurement and Evaluation in Exercise Physiology
- ESS3371 Physiology of Exercise
- ESS4380 Senior Research
- ESS4382 Life Span Motor Development
- 3 hours from
 - ESS3301 Advanced Care of Athletic Injuries
 - ESS3356 Sport Psychology
 - ESS4301 Biomechanics
 - ESS4361 Exercise Testing and Prescription I

C. Emphasis (36 hours)

- BIO2402 Human Anatomy and Physiology II
- ESS4322 Sport and Exercise Nutrition
- ESS4350 Principles of Strength and Conditioning
- 21-24 hours (3-4 hours upper level) from BIO, CHE, EDS, EEL, ESS, HSC, PHY, PSY, or SOC
- 2-5 hours from
 - ESS4230 Internship in Exercise and Sport Sciences
 - ESS4330 Internship in Exercise and Sport Sciences
 - ESS4430 Internship in Exercise and Sport Sciences

D. Electives (12 hours)

E. Total (124 hours)

Bachelor of Science in Exercise Science with an emphasis in Pre-Physical Therapy

Equips students with prerequisite requirements to apply for physical therapy programs.

A. University Core (46 hours)

- BIB1310 Introduction to the Old Testament
- BIB1320 Introduction to the New Testament
- BIB3305 Christian Heritage
- BIB3310 Christian Life
- COM2340 Communication for the Professional
- ENG1301 Composition Studies
- ENG1302 Composition and Literature
- 3 hours from
 - PSY1300 General Psychology
 - SOC1300 General Sociology
- 3 hours from HIS
- 3 hours from ECO, FIN, GOV, or HIS
- ESS1200 Personal Fitness and Wellness
- UNI1170 University Seminar
- MAT1311 College Algebra
- BIO2401 Human Anatomy and Physiology I
- 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL
- UNI2000 University Skills

B. Major (30 hours)

- ESS1 hour activity course
- ESS1201 Introduction to Exercise and Sport Sciences
- ESS2310 Care and Prevention of Athletic Injuries
- ESS2314 Human Movement
- ESS3321 Management of Sport
- ESS3340 Motor Learning and Control

- ESS3341 Measurement and Evaluation in Exercise Physiology
- ESS3371 Physiology of Exercise
- ESS4301 Biomechanics
- ESS4380 Senior Research
- ESS4382 Life Span Motor Development

C. Emphasis (46-48 hours)

- BIO1405 Majors Biology I
- BIO1406 Majors Biology II
- BIO2402 Human Anatomy and Physiology II
- 3-4 upper level hours from BIO
- CHE1307 General Chemistry I
- CHE1107 General Chemistry I Lab
- CHE1308 General Chemistry II
- CHE1108 General Chemistry II Lab
- PHY1303 General Physics I
- PHY1103 General Physics I Lab
- PHY1304 General Physics II
- PHY1104 General Physics II Lab
- PSY2310 Lifespan Human Development
- 3 hours from
 - MAT3303 Probability and Statistics
 - PSY3310 Psychological Statistics
- ESS4361 Exercise Testing and Prescription I
- ESS4362 Exercise Testing and Prescription II
- 3-4 hours from
 - ESS4330 Internship in Exercise and Sport Sciences
 - ESS4430 Internship in Exercise and Sport Sciences

D. Electives (2-4 hours)

E. Total (126 hours)

Bachelor of Science in Exercise Science with an emphasis in Pre-Occupational Therapy

Equips students with prerequisite requirements to apply for occupational therapy programs.

A. University Core (46 hours)

- BIB1310 Introduction to the Old Testament
- BIB1320 Introduction to the New Testament
- BIB3305 Christian Heritage
- BIB3310 Christian Life
- COM2340 Communication for the Professional
- ENG1301 Composition Studies
- ENG1302 Composition and Literature
- 3 hours from
 - PSY1300 General Psychology
 - SOC1300 General Sociology
- 3 hours from HIS
- 3 hours from ECO, FIN, GOV, or HIS
- ESS1200 Personal Fitness and Wellness
- UNI1170 University Seminar
- MAT1311 College Algebra
- BIO2401 Human Anatomy and Physiology I
- 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL
- UNI2000 University Skills

B. Major (30 hours)

- ESS1 hour activity course
- ESS1201 Introduction to Exercise and Sport Sciences
- ESS2310 Care and Prevention of Athletic Injuries
- ESS2314 Human Movement
- ESS3321 Management of Sport
- ESS3340 Motor Learning and Control
- ESS3341 Measurement and Evaluation in Exercise Physiology
- ESS3371 Physiology of Exercise
- ESS4301 Biomechanics
- ESS4380 Senior Research
- ESS4382 Life Span Motor Development

C. Emphasis (37-38 hours)

- BIO1405 Majors Biology I
- BIO1406 Majors Biology II
- BIO2402 Human Anatomy and Physiology II
- SOC1300 General Sociology
- PSY2310 Lifespan Human Development
- PSY3303 Abnormal Psychology
- 3 hours from
 - MAT3303 Probability and Statistics
 - PSY3310 Psychological Statistics
- ESS4361 Exercise Testing and Prescription I
- ESS4362 Exercise Testing and Prescription II
- 4 hours from
 - CHE1305 Inorganic Chemistry
 - CHE1105 Inorganic Chemistry Lab
 - CHE1307 General Chemistry I
 - CHE1107 General Chemistry I Lab
- 3-4 hours from
 - ESS4330 Internship in Exercise and Sport Sciences
 - ESS4430 Internship in Exercise and Sport Sciences

D. Electives (9-10 hours)

E. Total (123 hours)

Bachelor of Science in Exercise and Sport Science with an emphasis in Athletic Training

Equips students with prerequisite requirements for specialized programs in athletic training.

A. University Core (46 hours)

- BIB1310 Introduction to the Old Testament
- BIB1320 Introduction to the New Testament
- BIB3305 Christian Heritage
- BIB3310 Christian Life
- COM2340 Communication for the Professional
- ENG1301 Composition Studies
- ENG1302 Composition and Literature
- 3 hours from
 - PSY1300 General Psychology
 - SOC1300 General Sociology
- 3 hours from HIS
- 3 hours from ECO, FIN, GOV, or HIS
- ESS1200 Personal Fitness and Wellness
- UNI1170 University Seminar
- MAT1311 College Algebra
- BIO2401 Human Anatomy and Physiology I

- 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL
- UNI2000 University Skills

B. Major (30 hours)

- ESS1 hour activity course
- ESS1201 Introduction to Exercise and Sport Sciences
- ESS2310 Care and Prevention of Athletic Injuries
- ESS2314 Human Movement
- ESS3321 Management of Sport
- ESS3340 Motor Learning and Control
- ESS3341 Measurement and Evaluation in Exercise Physiology
- ESS3371 Physiology of Exercise
- ESS4301 Biomechanics
- ESS4380 Senior Research
- ESS4382 Life Span Motor Development

C. Emphasis (40-41 hours)

- BIO1405 Majors Biology I
- BIO1406 Majors Biology II
- BIO2402 Human Anatomy and Physiology II
- PHY1303 General Physics I
- PHY1103 General Physics I Lab
- ESS1270 First Aid and CPR
- ESS3301 Advanced Care of Athletic Injuries
- ESS4302 Therapeutic Rehabilitation and Modalities
- ESS4322 Sport and Exercise Nutrition
- ESS4361 Exercise Testing and Prescription I
- 3 hours from
 - MAT3303 Probability and Statistics
 - PSY3310 Psychological Statistics
- 3-4 hours from
 - ESS4330 Internship in Exercise and Sport Sciences
 - ESS4362 Exercise Testing and Prescription II
 - ESS4430 Internship in Exercise and Sport Sciences
- 4 hours from
 - CHE1305 Inorganic Chemistry
 - CHE1105 Inorganic Chemistry Lab
 - CHE1307 General Chemistry I
 - CHE1107 General Chemistry I Lab

D. Electives (6-7 hours)

E. Total (123 hours)

Bachelor of Science in Exercise and Sport Science with an emphasis in Sport and Exercise Psychology

Equips students with prerequisite requirements for graduate counseling programs.

A. University Core (46 hours)

- BIB1310 Introduction to the Old Testament
- BIB1320 Introduction to the New Testament
- BIB3305 Christian Heritage
- BIB3310 Christian Life
- COM2340 Communication for the Professional
- ENG1301 Composition Studies
- ENG1302 Composition and Literature

- PSY1300 General Psychology
- 3 hours from HIS
- 3 hours from ECO, FIN, GOV, or HIS
- ESS1200 Personal Fitness and Wellness
- UNI1170 University Seminar
- MAT1311 College Algebra
- BIO2401 Human Anatomy and Physiology I
- 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL
- UNI2000 University Skills

B. Major (30 hours)

- ESS1 hour activity course
- ESS1201 Introduction to Exercise and Sport Sciences
- ESS2310 Care and Prevention of Athletic Injuries
- ESS2314 Human Movement
- ESS3321 Management of Sport
- ESS3340 Motor Learning and Control
- ESS3341 Measurement and Evaluation in Exercise Physiology
- ESS3371 Physiology of Exercise
- ESS4380 Senior Research
- ESS4382 Life Span Motor Development
- 3 hours from
 - ESS3301 Advanced Care of Athletic Injuries
 - ESS4301 Biomechanics
 - ESS4322 Sport and Exercise Nutrition
 - ESS4350 Principles of Strength and Conditioning
 - ESS4361 Exercise Testing and Prescription I

C. Emphasis (40-41 hours)

- BIO2402 Human Anatomy and Physiology II
- ESS3324 Sport in Society
- ESS3335 Exercise Psychology
- ESS3356 Sport Psychology
- PSY2310 Life Span Human Development
- PSY3303 Abnormal Psychology
- 6 upper level from PSY
- SOC1300 General Sociology
- 9 hours from PSY, SOC, or HSC
- 3-4 hours from
 - ESS4330 Internship in Exercise and Sport Sciences
 - ESS4430 Internship in Exercise and Sport Sciences

D. Electives (6-7 hours)

E. Total (123 hours)

Athletic Training Emphasis Fast Track

The university has an affiliation with the Texas Tech University Health Science Center (TTUHSC) School of Health Professions (SHP) that provides outstanding athletic training students an opportunity to complete a bachelor's and a master's degree in five years. Upon completion of the 109 hour program of study, students apply for provisional admission to the TTUHSC SHP Master of Athletic Training Program. Students admitted to the graduate program may transfer the necessary elective hours back to the LCU to fulfill requirements for the Bachelor of Science Degree. Important Note: Students admitted provisionally at TTUHSC SHP are not eligible for federal aid until the B.S. degree is complete. For more information, contact SHP Office of Admissions and Student Affairs, 806-743-3220 or health.professional@ttuhsc.edu. Students successfully completing both programs would be eligible to sit for the examination for state licensing and the examination for national certification as an athletic trainer. Specific requirements for Athletic Training Emphasis/Fast-Track are as follows.

A. University Core (46 hours)

- BIB1310 Introduction to the Old Testament
- BIB1320 Introduction to the New Testament
- BIB3305 Christian Heritage
- BIB3310 Christian Life
- COM2340 Communication for the Professional
- ENG1301 Composition Studies
- ENG1302 Composition and Literature
- 3 hours from
 - PSY1300 General Psychology
 - SOC1300 General Sociology
- 3 hours from HIS
- 3 hours from ECO, FIN, GOV, or HIS
- ESS1200 Personal Fitness and Wellness
- UNI1170 University Seminar
- MAT1311 College Algebra
- BIO2401 Human Anatomy and Physiology I
- 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL
- UNI2000 University Skills

B. Major (23 hours)

- ESS1201 Introduction to Exercise Science and Sport Sciences
- ESS2310 Care and Prevention of Athletic Injuries
- ESS2314 Human Movement
- ESS3340 Motor Learning and Control
- ESS3341 Measurement and Evaluation in Exercise Physiology
- ESS3371 Physiology of Exercise
- ESS4301 Biomechanics
- ESS4382 Life Span Motor Development

C. Emphasis (40 hours)

- BIO1405 Majors Biology I
- BIO1406 Majors Biology II
- BIO2402 Human Anatomy and Physiology II
- PHY1303 General Physics I
- PHY1103 General Physics I Lab
- ESS1270 First Aid and CPR
- ESS3301 Advanced Care of Athletic Injuries
- ESS4302 Therapeutic Rehabilitation and Modalities
- ESS4322 Sport and Exercise Nutrition
- ESS4361 Exercise Testing and Prescription I
- 3 hours from
 - MAT3303 Probability and Statistics
 - PSY3310 Psychological Statistics
- 3 hours from
 - ESS4330 Internship in Exercise Science
 - ESS4462 Exercise Testing and Prescription II
- 4 hours from
 - CHE1305 Inorganic Chemistry
 - CHE1105 Inorganic Chemistry Lab
 - CHE1307 General Chemistry I
 - CHE1107 General Chemistry I Lab

D. Electives (14 hours taken at Texas Tech)

E. Total (123 hours)

Athletic Training Licensure

The athletic training licensing program meets the requirements of the Texas Department of Health for state licensing. Admission to the program is based on the following criteria.

- Submission of an application, high school and college academic records, a resume, and 2 letters of recommendation
- Vacancies in current staff
- Previous athletic training experience is preferred
- Completion of an interview with athletic training faculty/staff
- Students of the university seeking eligibility for the athletic training license issued by [Texas Department of Licensing and Regulation \(TDLR\)](#) must meet the following requirements and pass a criminal background check
- Earned baccalaureate degree
- Successful completion of BIO 2401, BIO 2402, ESS 1200, ESS 1270, ESS 2310, ESS 2314, ESS 3301, ESS 3371 and ESS 4302
- Successful completion of an apprenticeship program directed by the Lubbock Christian University licensed athletic trainer, which consists of 1800 clock hours conducted during a minimum of 5 fall and/or spring semesters
- Current certification in standard first aid and adult cardiopulmonary resuscitation
- Successful completion of the Texas Athletic Trainer Written Examination and the Texas Athletic Trainer Practical Examination

Students completing this program will be certified only in the state of Texas. Students interested in national certification should refer to the Exercise Science section of this catalog.

Bachelor of Science in Physical Education

Prepares students to take the Texas Examinations of Educator Standards (TExES) in All-level Physical Education and in All-level Pedagogy and Professional Responsibility. Students must meet requirements of the Department of Exercise and Sport Sciences, the Educator Certification Program and the State Board for Educator Certification (SBEC).

A. University Core (46 hours)

- BIB1310 Introduction to the Old Testament
- BIB1320 Introduction to the New Testament
- BIB3305 Christian Heritage
- BIB3310 Christian Life
- COM2340 Communication for the Professional
- ENG1301 Composition Studies
- ENG1302 Composition and Literature
- 3 hours from
 - PSY1300 General Psychology
 - SOC1300 General Sociology
 - EDU3350 Educational Psychology
- 3 hours from HIS
- 3 hours from ECO, FIN, GOV, or HIS
- ESS1200 Personal Fitness and Wellness
- UNI1170 University Seminar
- MAT1311 College Algebra
- BIO2401 Human Anatomy and Physiology I
- 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL
- UNI2000 University Skills

B. Major (34 hours)

- ESS1201 Introduction to Exercise and Sport Sciences
- ESS2310 Care and Prevention of Athletic Injuries
- ESS2312 Team, Individual, and Outdoor Educational Activities
- ESS2314 Human Movement
- ESS3321 Management of Sport
- ESS3332 Foundations of Secondary Physical Education
- ESS3340 Motor Learning and Control
- ESS3371 Physiology of Exercise

- ESS4230 Internship in Exercise and Sport Sciences
- ESS4300 Foundations of Elementary Physical Education
- ESS4380 Senior Research
- ESS4382 Life Span Motor Development

C. Supporting Courses (19 hours)

- BIO2402 Human Anatomy and Physiology II
- 3 hours from
 - EEL2310 Teachers, Schools, and Society
 - EDS2310 Foundations of Education
 - EDS2320 Instructional Technology
- 12 hours from an advisor approved secondary academic specialization or ESS

D. Pedagogy and Professional Responsibility (24 hours)

- ESP3382 The Exceptional Child

Methods Block

- 3 hours from
 - EDS4340 Reading/Writing/Thinking in Secondary and Middle School
 - REA3340 Reading/Writing Connection
 - REA4350 Practical Applications to Reading
- EDS4330 Managing Diverse Classrooms
- EDS4350 Design and Delivery

Clinical Teaching Block

- EDS4310 Assessment and Evaluation
- EDS4360 Seminar in Education
- EDS4660 Student Teaching

E. Electives (3 hours)

F. Total (126 hours)

Bachelor of Science in Sport Management

Prepares students for careers in the financial, business, and marketing side of athletics and fitness including promotion, advertising, merchandising, and distribution.

A. University Core (46 hours)

- BIB1310 Introduction to the Old Testament
- BIB1320 Introduction to the New Testament
- BIB3305 Christian Heritage
- BIB3310 Christian Life
- COM2340 Communication for the Professional
- ENG1301 Composition Studies
- ENG1302 Composition and Literature
- 3 hours from
 - PSY1300 General Psychology
 - SOC1300 General Sociology
- 3 hours from HIS
- 3 hours from ECO, FIN, GOV, or HIS
- ESS1200 Personal Fitness and Wellness
- UNI1170 University Seminar
- MAT1311 College Algebra
- BIO2401 Human Anatomy and Physiology I
- 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL

- UNI2000 University Skills

B. Major (34-36 hours)

- ESS1 hour Activity Courses
- ESS1201 Introduction to Exercise and Sport Sciences
- ESS2312 Team, Individual, and Outdoor Educational Activities
- ESS2314 Human Movement
- ESS3321 Management of Sport
- ESS3340 Motor Learning and Control
- ESS3341 Measurement and Evaluation in Exercise Physiology
- ESS3371 Physiology of Exercise
- ESS4230 Internship in Exercise and Sport Sciences
- ESS4380 Senior Research
- ESS4382 Life Span Motor Development
- 2-3 hours from
 - ESS1270 First Aid and CPR
 - ESS2310 Care and Prevention of Athletic Injuries
- 3-4 hours from
 - ESS4301 Biomechanics
 - ESS4330 Internship in Exercise and Sport Sciences
 - ESS4350 Principles of Strength and Conditioning
 - ESS4430 Internship in Exercise and Sport Sciences

C. Supporting Courses (31 hours)

- ACC2301 Principles of Accounting I
- BIO2402 Human Anatomy and Physiology II
- BUA3305 Principles of Marketing
- ECO2301 Macroeconomics
- IST2300 Microcomputer Applications
- MGT3300 Principles of Management
- 3 hours from
 - COM2351 Introduction to Public Relations
 - COM3354 Advertising
- 9 hours, 3 upper level from ACC, BUA, COM, DMA, FIN, IST, or MGT

D. Electives (10-12 hours)

E. Total (123 hours)

Minor in Exercise and Sport Sciences

20 hours

- ESS1270 First Aid and CPR
- ESS2310 Care and Prevention of Athletic Injuries
- ESS3340 Motor Learning and Control
- ESS4350 Principles of Strength and Conditioning
- 3 hours from
 - ESS3371 Physiology of Exercise
 - ESS4382 Life Span Motor Development
- 6 hours from
 - ESS2314 Human Movement
 - ESS3321 Management of Sport
 - ESS3335 Exercise Psychology or ESS 3356 Sport Psychology
 - ESS3371 Physiology of Exercise
 - ESS4322 Sport and Exercise Nutrition
 - ESS4382 Life Span Motor Development

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