

EXERCISE & HEALTH SCIENCE PATHWAY

Why This Program?

- Courses are hybrid format - online and in person
- Courses originate from Briar Cliff University's campus
- Courses are transferrable



Contact your high school counselor to learn more about this opportunity!



Year One

Semester I - EHS 143: Health & Wellness (3 credits) Online

Discover what it really takes to live a healthy, balanced life. This engaging introductory course explores the many factors that influence personal health and well-being, from physical health and disease prevention to mental wellness and lifestyle choices. You will also take a closer look at topics like substance use, holistic health, and how everyday habits can shape long-term wellness.

Semester II - EHS 260: Principles of Coaching I (2 credits) Hybrid

Step into the world of coaching and discover what it takes to lead a successful team. This course explores the roles and responsibilities of coaches at different levels of sport. Learn how to organize effective practices, apply key coaching techniques, and build the leadership skills needed to motivate and guide athletes.

Year Two

Semester I - EHS 276: Stress Management (3 credits) Online

Build the skills to handle stress with confidence and balance. This course explores the causes and effects of stress and how it impacts both mind and body. You will also learn practical techniques to help others manage stress or to use yourself.

Semester II - EHS 250: Sports Nutrition (3 credits) Hybrid

Learn what fuels the body for peak performance. This course introduces the fundamentals of nutrition and explores how what you eat impacts physical activity, training, and athletic performance. Discover how the body uses nutrients to support endurance, strength, speed, and healthy weight management. Learn how athletes can make smart nutrition choices to train harder, recover faster, and perform at their best.

Total College Credits: 11 Credits

Scan the QR code to learn more about the Exercise & Health Science program

