

# EXERCISE SCIENCE – BS – CLINICAL EXERCISE EMPHASIS

AVAILABLE FOR STUDENTS ON CURRICULUM YEARS PRIOR TO FALL 2023 ONLY

THIS IS A GENERAL CURRICULUM GUIDE AND IS NOT APPLICABLE TO EVERY STUDENT. IT IS IMPORTANT TO MEET WITH YOUR ADVISOR.

## Sample Four-Year Plan

Year One			
<sup>2</sup> <b>BIO 120 – General Biology I</b> (Gen Ed - Life Sciences)	4	<sup>2</sup> <b>BMS 250 – Anatomy &amp; Physiology I</b> Prerequisite: BIO 120	4
<sup>2</sup> <b>CHM 109 – Introductory Chemistry</b> (Gen Ed - Physical Sciences)	4	<sup>2</sup> <b>CHM 231 – Introductory Org Chem (or CHM 230)</b> Prerequisite: CHM 109 or CHM 116	4
<sup>1</sup> MTH 110 – Algebra Prerequisite: MTH 097 or GVSU placement test	4	<sup>1</sup> WRT 150 – Strategies in Writing (Gen Ed - Writing)	4
MOV 101 – Foundations of Human Movement Science	3	PSY 101 – Introductory Psychology (Gen Ed – Social & Behavioral Sciences #1)	3
<i>Total</i>	15	<i>Total</i>	15
Year Two			
<sup>2</sup> <b>BMS 251 – Anatomy &amp; Physiology II</b> Prerequisite: BMS 250	4	<sup>2</sup> <b>MOV 304 – Introduction to Exercise Physiology</b> Prerequisite: BMS 251	3
<b>CHM 232 – Biological Chemistry</b> Prerequisite: CHM 231	4	PHY 200 – Physics for the Life Sciences Prerequisite: MTH 110	4
STA 215 – Introductory Applied Statistics (Gen Ed - Mathematical Sciences) Prerequisite: MTH 110 or equivalent	3	ATH 217 – Modern Principles of Athletic Training	2
BMS 105 – Basic Nutrition	3	EXS 209 – Research Methods in Exercise & Health Sciences Prerequisite: STA 215	3
Free Elective	1	MOV 300 – Kinesiology Prerequisite: BMS 250	3
<i>Total</i>	15	<i>Total</i>	15
Year Three			
<sup>2</sup> <b>EXS 320 Exercise Testing &amp; Prescription</b> Prerequisite: MOV 304; EXS 321 is a co-requisite	3	<sup>2</sup> <b>EXS 390 – Fieldwork in Exercise Science</b> Prerequisite: EXS 320/321	2
<sup>2</sup> <b>EXS 321 Exercise Testing Lab</b> Prerequisite: MOV 304; EXS 320 is a co-requisite	1	EXS 470 – Exercise for Special Populations Prerequisite: EXS 320/321	3
<sup>3</sup> Major Elective # 1 – BIO 328 (SWS#1/Issues#1)	3	<sup>3</sup> Major Elective # 2	3
Gen Ed – Philosophy & Literature	3	Gen Ed – US Diversity	3
PSY 310 – Behavior Modification Prerequisite: PSY 101	3	EXS 465 - Cardiopulmonary Rehab Prerequisite: EXS 320/321	3
Gen Ed – Historical Analysis	3		
<i>Total</i>	16	<i>Total</i>	14
Year Four			
<sup>2</sup> <b>EXS 420 – Laboratory Practicum in Exercise Science</b> Prerequisite: EXS 390	3	<sup>2</sup> <b>EXS 490 – Internship in Exercise Science</b> Prerequisite: EXS 320/321, Senior standing	6-9
<sup>3</sup> Major Elective # 3	3	Gen Ed – Global Perspectives	3
EXS 495 – Professionalism in Exercise Science (SWS #2) Prerequisite: EXS 320/321, Senior standing	3	Gen Ed – Arts	3
Gen Ed – Social & Behavioral Sciences #2	3		
Issues #2	3		
<i>Total</i>	15	<i>Total</i>	15

The block tuition rate is for 12-15 credits. You will pay additional tuition for more than 15 credits.

<sup>1</sup>Students who place into preparatory levels of Math or Writing will take a two-semester version of this requirement | MTH 108 & MTH 109 | WRT 120 & 130

<sup>2</sup>Courses **bolded** are required to be taken in the sequence as they have been listed in this guide and each course requires the previous to be completed

<sup>3</sup>Options for Major Electives: BIO 328, BIO 355, BMS 375, EXS 360, MOV 310, MOV 350, PSY 364, STA 345

NOTE: If you do not plan to attend PA school, you may take CHM 230 in place of CHM 231 & CHM 232

## **Graduation Requirements**

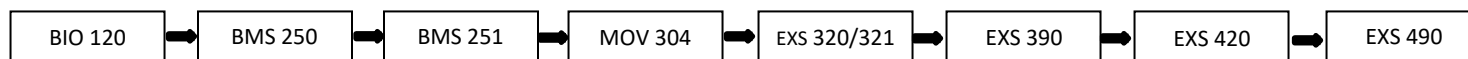
- Earn 120 credit hours at minimum of 2.0 GPA – 58 credit hours at 4-yr institution and last 30 credit hours at GVSU
- Complete all components of the General Education program, including two Issues courses
- Complete two supplemental writing skills (SWS) courses after WRT 150 with minimum Cgrade
- For more information, visit the CLAS Academic Advising Center – MAK C-1-120 (<http://www.gvsu.edu/clasadvising>)

## **General Education Overlap**

<b>General Education Categories fulfilled by the Major:</b>	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101*
Life Sciences: BIO 120*	Social and Behavioral Sciences & US Diversity: SOC 286
Issues: BIO 328, MOV 350, STA 345 (If selected as Major Electives)	

\*PSY 101 and BIO 120 are prerequisites to courses that are required in the major

## **Prerequisite Sequences in the Major**



## **Declaring the Exercise Science Major with Health Fitness Instruction emphasis:**

1. Log into myBanner from the GVSU homepage
2. Once logged in select “Student,” “Student Records,” and then “Change Major”
3. Click on the “Change Major 1/Program” box
4. Click on the down arrow in the box next to “New Major 1/Program,” from here scroll down and choose “Exercise Science-BS Health Fitness Instruction”
5. Click “Submit” and then “Change to New Program”

### **This major can cover the prerequisite courses for the for Doctorate of Physical Therapy (at GVSU)**

Course	General Education	Major	Free Elective
BIO 120	✓	✓	
BMS 250 & 251		✓	
2 CHM courses w/Lab	✓ CHM 109	✓ CHM 109 & CHM 230	
MOV 304		✓	
*MTH 122 & MTH 123			✓
PHY 220 & PHY 221		✓ PHY 220 subs for PHY 200	
PSY 101	✓	✓	
PSY 364		EXS major elective	
SOC 101 or SOC 105 or ANT 204	✓		
STA 215	✓	✓	

\*MTH 123 is pre-req for PHY 220 and PHY 221

### **This major can cover the prerequisite courses for the for Physician Assistant Studies (at GVSU)**

Course	General Education	Major	Free Elective
BIO 120	✓	✓	
CHM 109 (Or CHM 115/116)		✓	
CHM 231		✓	
CHM 232		✓	
BIO 355 or BIO 375		✓ EXS major elective	
BMS 250 & 251		✓	
PHY 200		✓	
PSY 101	✓	✓	
PSY 364		✓ EXS major elective	
BMS 212 & 213			✓
STA 215	✓	✓	