

**EXERCISE SCIENCE – BS – HEALTH-FITNESS INSTRUCTION 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			
<b><sup>2</sup>BIO 120 – General Biology I</b> (Gen Ed - Life Sciences)	4	<b><sup>2</sup>BMS 250 – Anatomy &amp; Physiology I</b> Prerequisite: BIO 120	4
<sup>1</sup> WRT 150 – Strategies in Writing (Gen Ed - Writing)	4	PSY 101 – Introductory Psychology (Gen Ed – Social & Behavioral Sciences #1)	3
MOV 101 – Foundations of Human Movement	3	BMS 105 – Basic Nutrition Gen Ed – Arts	3 3
<sup>1</sup> MTH 110 – Algebra Prerequisite: GVSU placement test	4	Gen Ed – Historical Analysis	3
<i>Total</i>	15	<i>Total</i>	16
Year Two			
<b><sup>2</sup>BMS 251 – Anatomy &amp; Physiology II</b> Prerequisite: BMS 250	4	<b><sup>2</sup>MOV 304 – Introduction to Exercise Physiology</b> Prerequisite: BMS 251	3
STA 215 – Introductory Applied Statistics (Gen Ed – Mathematical Sciences) Prerequisite: MTH 110 or equivalent	3	MOV 300 – Kinesiology Prerequisite: BMS 250	3
PH 222 – Public Health Concepts or BMS 223 – Infectious Human Diseases	3	MOV 201 – Psycho-Social Aspects of Physical Education & Sport	3
ATH 217 – Modern Principles of Athletic Training Gen Ed – Philosophy & Literature	2 3	EXS 209 – Research Methods in Exercise and Health Sciences Prerequisite: STA 215	3 3
<i>Total</i>	15	<i>Total</i>	15
Year Three			
<b><sup>2</sup>EXS 320 Exercise Testing &amp; Prescription</b> Prerequisite: MOV 304; EXS 321 is a co-requisite	3	<b><sup>2</sup>EXS 390 – Fieldwork in Exercise Science</b> Prerequisite: EXS 320/321	2
<b><sup>2</sup>EXS 321 Exercise Testing Lab</b> Prerequisite: MOV 304; EXS 320 is a co-requisite	1	PSY 364 – Lifespan Developmental Psychology Prerequisite: PSY 101	3
MOV 310 – Motor Skill Development	3	Gen Ed – Physical Sciences (no lab)	3
SOC 252 – Sociology of Drug Use & Abuse	3	SOC 286 – Health and Society (Gen Ed – US Diversity and Social Behavioral Sciences #2)	3
PSY 310 – Behavior Modification Prerequisite: PSY 101	3	<sup>3</sup> Major Elective #1	3
Issue Course #1/SWS #1 Prerequisite: WRT 150 & Junior standing	3		
<i>Total</i>	16	<i>Total</i>	14
Year Four			
<b><sup>2</sup>EXS 420 – Laboratory Practicum in Exercise Science</b> Prerequisite: EXS 390	3	<b><sup>2</sup>EXS 490 – Internship in Exercise Science</b> Prerequisite: EXS 320/321, Senior Standing	6-9
EXS 470 – Exercise for Special Populations Prerequisite: EXS 320/321	3	Issue Course #2 or Free Elective	3
Gen Ed – Global Perspectives	3	Free Elective – if needed	3
<sup>3</sup> Major Elective #2	3		
EXS 495 – Professionalism in Exercise Science (SWS #2) Prerequisite: EXS320/321, Senior Standing	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 350, STA 345For additional degree-specific information, consult your Exercise Science faculty advisor or go online at: <http://www.gvsu.edu/exercisescience>

### **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 Master’s in Occupational Therapy (at GVSU)**

<b>Course</b>	<b>General Education</b>	<b>Major</b>
BMS 250 & 251		✓
STA 215	✓	✓
MOV 300		✓
PSY 330 or PSY 431 or BMS 427		EXS major elective with advisor approval
PSY 303		EXS major elective with advisor approval
PSY 364		✓
1 elective in PSY, SOC, ANT	✓ SOC 286	✓ PSY 310, SOC 286, SOC 252