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.

Sa	mnle Foi	ır-Year Plan	
<u></u>		· One	
² BIO 120 – General Biology I (Gen Ed - Life Sciences)	4	² BMS 250 – Anatomy & Physiology I	4
-BIO 120 - General Biology (General - Line Sciences)	4	Prerequisite: BIO 120	4
1M/DT 150 Ctratagies in M/riting /Con Ed. M/riting)	4	·	,
¹ WRT 150 – Strategies in Writing (Gen Ed - Writing)	4	PSY 101 – Introductory Psychology (Gen Ed – Social & Behavioral	3
MOV 101 – Foundations of Human Movement	2	Sciences #1)	,
WOV 101 – Foundations of Human Wovement	3	BMS 105 – Basic Nutrition	3
10.000		Gen Ed – Arts	3
¹ MTH 110 – Algebra		Gen Ed – Historical Analysis	3
Prerequisite: GVSU placement test	4		
Total	15	Total Town	16
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² BMS 251 – Anatomy & Physiology II	4	² MOV 304 – Introduction to Exercise Physiology	3
Prerequisite: BMS 250	2	Prerequisite: BMS 251	_
STA 215 – Introductory Applied Statistics (Gen Ed – Mathematical	3	MOV 300 – Kinesiology	3
Sciences)		Prerequisite: BMS 250	
Prerequisite: MTH 110 or equivalent		MOV 201 – Psycho-Social Aspects of Physical Education & Sport	3
PH 222 – Public Health Concepts or BMS 223 – Infectious Human	3		
Diseases		EXS 209 – Research Methods in Exercise and Health Sciences	3
		Prerequisite: STA 215	
ATH 217 – Modern Principles of Athletic Training	2	Gen Ed – US Diversity	3
Gen Ed – Philosophy & Literature	3		
Total	15	Total	15
		Three	
² EXS 320 Exercise Testing & Prescription	3	² EXS 390 – Fieldwork in Exercise Science	2
Prerequisite: MOV 304; EXS 321 is a co-requisite	_	Prerequisite: EXS 320/321	
² EXS 321 Exercise Testing Lab	1	PSY 364 – Lifespan Developmental Psychology	3
Prerequisite: MOV 304; EXS 320 is a co-requisite		Prerequisite: PSY 101	
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	3
PSY 310 – Behavior Modification	3	Behavioral Sciences #2)	3
Prerequisite: PSY 101		³ Major Elective #1	
Issue Course #1/SWS #1	3		
Prerequisite: WRT 150 & Junior standing			
Total	16	Total	14
Total		Four	14
² EXS 420 – Laboratory Practicum in Exercise Science	3	² EXS 490 – Internship in Exercise Science	6-9
Prerequisite: EXS 390	•	Prerequisite: EXS 320/321, Senior Standing	
EXS 470 – Exercise for Special Populations	3	Issue Course #2 or Free Elective	3
Prerequisite: EXS 320/321	3	Free Elective – if needed	3
Gen Ed – Global Perspectives	3	Thee Lieutive = II Tieeded	
³ Major Elective #2	3		
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EXS 495 – Professionalism in Exercise Science (SWS #2)	3		
Prerequisite: EXS320/321, Senior Standing			
Total	15	Total	15
Total	13	Total	13

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

¹Students 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 ²Courses **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 ³Options for Major Electives: BIO 328, BIO 355, BMS 375, EXS 360, MOV 350, STA 345

Graduation Requirements

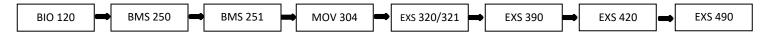
- Earn 120 credit hours at minimum of 2.0 GPA 58 credit hours at 4-yr institution and last 30 credit hours at GVSU
- Complete all components of the General Education program, including two Issues courses
- Complete two supplemental writing skills (SWS) courses after WRT 150 with minimum Cgrade
- For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

General Education Overlap

General Education Categories fulfilled by the Major:		
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)

Course	General Education	Major
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