

# EXERCISE SCIENCE – BS – EXERCISE SCIENCE IN HEALTH CARE EMPHASIS

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 (Gen Ed - Life Sciences)</b>	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	<b><sup>2</sup>CHM 109 – Introductory Chemistry (Gen Ed – Physical Sciences)</b>	4
<sup>1</sup> MTH 110 - Algebra	4	BMS 105 - Basic Nutrition	3
Prerequisite: MTH 097 or GVSU placement test		PSY 101 - Introductory Psychology (Gen Ed - Social & Behavioral Science #1)	3
EXS 195 - Introduction to Exercise Science	3		
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>14</i>
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
<b><sup>2</sup>CHM 230- Intro to Organic &amp; Biochemistry [Emphasis]</b> Prerequisite: CHM 109	4	EXS 209 - Research Methods in Exercise & Health Sciences Prerequisite: STA 215	3
EXS 220 - Exercise Instruction & Leadership Prerequisite: EXS 195	3	MOV 300 - Kinesiology Prerequisite: BMS 250	3
STA 215 - Introductory Applied Statistics (Gen Ed - Mathematical Sciences) Prerequisite: MTH 110 or equivalent	3	Gen Ed – Social & Behavioral Science #2	3
ATH 217 - Modern Principles of Athletic Training	2	BMS 223 - Infectious Human Disease [Emphasis]	3
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>15</i>
Year Three			
<b><sup>2</sup>EXS 320 - Exercise Testing &amp; Prescription</b> Prerequisite: MOV 304; EXS 321 is a co-requisite	3	EXS 470 - Exercise for Special Populations Prerequisite: EXS 320/321	3
<b><sup>2</sup>EXS 321 - Exercise Testing Lab (In future will be EXS 322 – 2 cr)</b> Prerequisite: MOV 304; EXS 320 is a co-requisite	1	Gen Ed - Historical Analysis	3
PHY 200 Physics for Life Sciences [Emphasis] or PHY 220	4	<sup>3</sup> Emphasis Elective # 2	3
Gen Ed – Arts	3	<sup>3</sup> Emphasis Elective # 3	3
<sup>3</sup> Emphasis Elective # 1	3	BIO 328 - Biomedical Ethics (Issues#1/SWS#1 )- [Emphasis]	3
<i>Total</i>	<i>14</i>	<i>Total</i>	<i>15</i>
Year Four			
EXS 495 - Professionalism in Exercise Science (SWS#2) Prerequisite: EXS 320/321, Senior Standing	3	EXS 490 - Internship in Exercise Science Prerequisite: EXS 320/321, Senior standing	6-9
Gen Ed - US Diversity	3	Gen Ed – Global Perspectives	3
<sup>3</sup> Emphasis Elective # 4	3	Free Elective – if needed	3
Issues # 2	3		
Gen Ed – Philosophy & Literature	3		
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>

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: See list on back

### 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 C grade
- For more information, visit the CLAS Academic Advising Center – MAK C-1-140 (<http://www.gvsu.edu/clasadvising>)

For additional degree-specific information, consult your Exercise Science faculty advisor or go online at: <http://www.gvsu.edu/exercisescience>

This emphasis provides a logical gateway for graduate health profession-seeking students (athletic training, physical therapy, and physician assistant) by broadening their basic biological and physical science background. This emphasis is intentionally diverse in electives to accommodate the wide range of graduate health profession pre-requisite coursework not already offered within the Exercise Science core curriculum.

### **Emphasis Elective Choices – Must choose 12 credits**

ATH 210: Directed Observation in AT (1 credit)	ATH 218: Modern Principles of Athletic Training Lab (1 credit)
BIO 355: Human Genetics (3 credits)	BMS 212: Introductory Microbiology (3 credits)
BMS 213: Laboratory in Microbiology (1 credit)	BMS 305: Clinical Nutrition (3 credits)
BMS 309: Laboratory in Human Anatomy (1 credit)	BMS 310: Basic Pathophysiology (3 credits)
BMS 355: Anatomy of Joints (2 credits)	BMS 427: Neuroanatomy (1 credit)
CHM 231: Introductory Organic Chemistry (4 credits)	CHM 232: Biological Chemistry (4 credits)
EXS 360: Strength & Conditioning for Athl Performance (3 credits)	EXS 400: Biomechanics (3 credits)
EXS 440: Environmental Exercise Physiology (3 credits)	MOV 102: First Aid, CPR, and AED (2 credits)
MOV 310: Motor Skill Development (3 credits)	PHY 216: Physics of Sport (4 credits)
PHY 220: General Physics I (5 credits)	PHY 221: General Physics II (5 credits)
PSY 303: Psychopathology (3 credits)	PSY 330: Foundations of Behavioral Neuroscience (3 credits)
PSY 364: Life Span Developmental Psychology (3 credits)	PSY 431: Introduction to Neuropsychology (3 credits)

\*Suggested emphasis electives to meet Physical Therapy admission requirements: Would still need to select 3 additional emphasis elective credits

- PHY 220 (sub for PHY 200) (+1 cr)
- PHY 221 (5 cr)
- PSY 364 (3 cr)

\*Suggested emphasis electives to meet MAT admission requirements/recommendations: Would still need to select 2 additional emphasis elective credits

- ATH 210 (1 cr)
- ATH 218 (1 c)
- MOV 102 (2 cr)
- MOV 310 (3 cr)
- BMS 310 (3 cr)

\*Suggested emphasis electives to meet Physician Assistant admission requirements: Would still need to select 1 additional emphasis elective credit

- CHM 231 (sub for CHM 230)
- CHM 232 (4 cr)
- BMS 212 (3 cr)
- BMS 213 (1 cr)
- BIO 355 (3 cr)

### **Declaring the Exercise Science Major with Health Professions Preparation 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 Professions Prep"
5. Click "Submit" and then "Change to New Program"

### **General Education Overlap**

General Education Categories fulfilled by the Major:	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101
Life Sciences: BIO 120	Physical Sciences: CHM 109