

Bachelor of Science (B.S.)  
**Exercise Science**  
Health Fitness Instruction Emphasis

<b>Year One</b>				
BMS 105 – Basic Nutrition Prerequisite: None	3	<b>BMS 250 Anatomy &amp; Physiology I<sup>2</sup></b> Prerequisite: BIO 120	4	
MOV 101 – Foundations of Human Movement Science Prerequisite: None	3	WRT 150 – Strategies in Writing (Gen Ed) Prerequisite: None	4	
MTH 110 – Algebra Prerequisite: MTH 097 or GVSU placement test	4	Gen Ed – U.S. Diversity Prerequisite: None	3	
<b>BIO 120 General Biology I<sup>1</sup> (Gen Ed)</b> Prerequisite: None	4	PSY 101 – Introductory Psychology (Gen Ed) Prerequisite: None	3	
		MOV 217 – Modern Principles of Athletic Training Prerequisite: None	2	
<i>Total</i>	<i>14</i>	<i>Total</i>	<i>16</i>	<i>30</i>
<b>Year One Spring/Summer</b>				
Gen Ed – Arts Pre-requisite: None				3
<b>Year Two</b>				
<b>BMS 251 – Anatomy &amp; Physiology II<sup>3</sup></b> Prerequisite: BMS 250	4	<b>MOV 304 – Introduction to Exercise Physiology<sup>4</sup></b> Prerequisite: BMS 251 or BMS 290	3	
MOV 201 – Psycho-Social Aspects of Physical Ed & Sport Prerequisite: None	3	EXS 209 – Research Methods in Exercise & Health Sci Prerequisite: STA 215	3	
STA 215 – Introductory Applied Statistics (Gen Ed) Prerequisite: MTH 110 or equivalent	3	MOV 300 – Kinesiology Prerequisite: BMS 208 or BMS 250	3	
Gen Ed – Philosophy and Literature Prerequisite: None	3	Gen Ed – World Perspectives Prerequisite: None	3	
BMS 223 – Infectious Human Diseases Prerequisite: None	3	SOC 286 – Sociology of Health Care Prerequisite: None	3	
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>15</i>	<i>31</i>
<b>Year Two Spring/Summer</b>				
Gen Ed – Physical Sciences Prerequisite: None				3
<b>Year Three</b>				
<b>EXS 320 – Exercise Testing and Prescription<sup>5</sup></b> Prerequisite: MOV 304; EXS 321 is a co-requisite	3	<b>EXS 390 – Fieldwork in Exercise Science<sup>6</sup></b> Prerequisite: EXS 320 and 321 (minimum grade of B-)	2	
<b>EXS 321 – Exercise Testing Lab<sup>5</sup></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 Prerequisite: None	3	SOC 252 – Sociology of Drug Use and Abuse Prerequisite: None	3	
Free Elective	2	EXS 470 – Exercise for Special Populations Prerequisites: EXS 320 and EXS 321	3	
Issues #1/SWS #1 Prerequisite: Junior standing	3	Gen Ed – Historical Perspectives Prerequisite: None	3	
Gen Ed – Social and Behavioral Sciences #2 Prerequisite: None	3			
<b>*Application to MPH</b>				
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>14</i>	<i>29</i>
<b>Year Three Spring/Summer (Accepted to MPH, Select emphasis area of Epidemiology or Health Promotion)</b>				
Issues Course #2 /SWS #2				3
EXS 490 – Internship in Exercise Science <sup>8</sup> Prerequisite: EXS 420 (minimum grade B-)				6
<b>Year Four (Accepted to MPH, Select emphasis area of Epidemiology or Health Promotion)</b>				

*PH 500 - Introduction to Public Health	3	*PH 505 – Social and Behavioral Public Health	3	
*PH 510 - Public Health Epidemiology	3	*PH 530 – Qualitative Research Methods in Public Health	3	
STA 610 - Applied Statistics for Health Professions	3	PH 602 Chronic Disease Epidemiology (Epidemiology Elective) OR	3	
EXS 495 – Professionalism <sup>7</sup> (SWS #2)	3	PH 622 Health Behavior and Promotion (Health Promotion Elective)		
Prerequisites: EXS 390 and WRT 150				
<i>Total</i>	12	<i>Total</i>	9	
<b>Year Four (Not Accepted to MPH)</b>				
<b>EXS 420 – Lab Practicum in Exercise Science<sup>7</sup></b>	3	<b>EXS 490 – Internship in Exercise Science<sup>8</sup></b>	6	
Prerequisite: EXS 390		Prerequisite: EXS 420 (minimum grade B-)		
EXS 495 – Professionalism (SWS #2)	3	Major Elective #2	3	
Prerequisites: EXS 390 and WRT 150		Prerequisite: Dependent on choice		
Major Elective #1	3	PSY 310 – Behavior Modification	3	
Prerequisite: Dependent on choice		Prerequisite: PSY 101 or HNR 234		
Issues Course #2 /SWS #2	3			
Prerequisite: Junior standing				
<i>Total</i>	12	<i>Total</i>	12	

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

\* dual counted in both the BS and MPH degrees

#### Notes

- This is a **general** curriculum guide and will not work for everyone;
- This guide assumes you begin with MTH 110;
- Core exercise science courses that are bolded<sup>1-8</sup> have to be taken in sequence;
- Elective must be taken at or above the 200-level – please consult your exercise science faculty advisor.

#### Graduation Requirements for Bachelor of Science Degree

- 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>)

\*Students may apply to the Master of Public Health program (<https://www.gvsu.edu/grad/mph>) at the start of their junior year (upon the completion of 55+ credits) for admission in the upcoming fall cohort (senior year status). Students will be notified of acceptance after the early admissions deadline (November 1) if the application is submitted by that date or after the official admissions deadline (March 1). Requirements for application include:

1. Junior standing (upon the completion of 55+ credits)
2. Minimum overall GPA of a 3.0
3. Two completed and received letters of recommendation
4. Resume
5. A written statement addressing questions determined by the MPH program