

**EXERCISE SCIENCE – BS – CLINICAL EXERCISE SCIENCE 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**

<b>Year One</b>			
<b><sup>1</sup>BIO 120 – General Biology I (Gen Ed)</b> Prerequisite: None	4	<b><sup>1</sup>BMS 208 – Human Anatomy</b> Prerequisite: BIO 120	3
<b><sup>1</sup>CHM 109 – Introductory Chemistry (Gen Ed)</b> Prerequisite: None	4	<b><sup>1</sup>CHM 231 – Introductory Organic Chemistry</b> Prerequisite: CHM 109 or CHM 116	4
MTH 110 – Algebra Prerequisite: MTH 097 or GVSU placement test	4	WRT 150 – Strategies in Writing (Gen Ed) Prerequisite: None	4
MOV 101 – Foundations of Human Movement Science Prerequisite: None	3	PSY 101 – Introductory Psychology (Gen Ed) Prerequisite: None	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>14</i>
<b>Year Two</b>			
<b><sup>1</sup>BMS 290 + BMS 291 – Human Physiology (with lab)</b> Prerequisite: BMS 208 and two semesters of chemistry	4	<b><sup>1</sup>MOV 304 – Introduction to Exercise Physiology</b> Prerequisite: BMS 202 or BMS 290 or BMS 251	3
CHM 232 – Biological Chemistry Prerequisite: CHM 231 or CHM 242 or CHM 247	4	PHY 200 – Physics for the Life Sciences Prerequisite: MTH 110 or MTH 122 or MTH 201	4
STA 215 – Introductory Applied Statistics (Gen Ed) Prerequisite: MTH 110 or equivalent	3	BMS 105 – Basic Nutrition Prerequisite: None	3
Gen Ed Course Prerequisite:	3	MOV 217 + MOV 218 – Principles of Athletic Training (with lab) Prerequisite: None	3
		MOV 309 – Measurement and Evaluation Prerequisite: None	2
<i>Total</i>	<i>14</i>	<i>Total</i>	<i>15</i>
<b>Year Three</b>			
<b><sup>1</sup>MOV 320 + MOV 321 – Exercise Testing and Prescription (with lab)</b> Prerequisite: MOV 304; MOV 320 and 321 are co-requisites	4	<b><sup>1</sup>MOV 420 – Laboratory Practicum in Exercise Science</b> Prerequisite: MOV 320 and MOV 321	2
<b><sup>5</sup>BMS 306 – Advanced Human Nutrition (or sub)</b> Prerequisites: BMS 290 or MOV 304 and CHM 232 or CHM 461	3	<b><sup>5</sup>BMS 415 – Nutrition and Physical Performance (or sub)</b> Prerequisite: BMS 305 or BMS 306	3
MOV 300 – Kinesiology Prerequisite: BMS 202 or BMS 208 or BMS 250	3	PSY 310 – Behavior Modification Prerequisite: PSY 101 or HNR 234	3
MOV 365 – Clinical Exercise Physiology Prerequisite: BMS 290 and MOV 304	3	MOV 102 – First Aid, CPR and AED Prerequisite: None	2
Gen Ed Course Prerequisite:	3	Gen Ed Course Prerequisite:	3
		Issue Course Prerequisite:	3
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>16</i>
<b>Year Four</b>			
<b><sup>1</sup>MOV 475 – Fieldwork in Exercise Science</b> Prerequisite: STA 215 and MOV 420	2	<b><sup>1</sup>MOV 490 – Internship in Exercise Science<sup>4</sup></b> Prerequisite: Completion of MOV 475 and permission of instructor	6-12
MOV 470 – Exercise for Special Populations Prerequisite: MOV 320 and MOV 321	3	Gen Ed Course Prerequisite:	3
<b><sup>3</sup>MOV 495 – Professionalism in Exercise Science (SWS)</b> Prerequisite: MOV 420 and WRT 150	3	Gen Ed Course Prerequisite:	3
Gen Ed Course Prerequisite:	3	<sup>2</sup> Elective Prerequisite:	4
Issue Course Prerequisite:	3		
<i>Total</i>	<i>14</i>	<i>Total</i>	<i>16</i>

\*The block tuition rate is for 12-15 credits. You will pay additional tuition for any credits over 15.

**Notes:**<sup>1</sup> Courses that are bolded have to be taken in the sequence that they are displayed on this guide. (see prerequisite sequence on back)<sup>2</sup> *Elective* refers to courses that help earn credits toward the 120 credits required for graduation.<sup>3</sup> Students must complete two courses with an SWS attribute.<sup>4</sup> MOV 490 – Internship in Exercise Science can be taken for 6, 9 or 12 credits.<sup>5</sup> Students can substitute courses for BMS 306 and BMS 415 with approval from their Exercise Science Faculty Advisor.

It is imperative to meet with your faculty advisor and an advisor in the CLAS Academic Advising Center regularly.

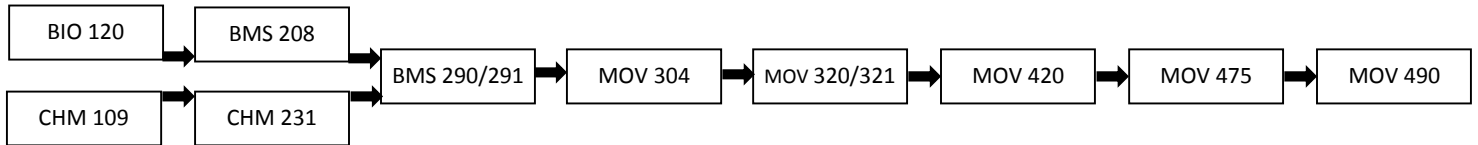
The CLAS Academic Advising Center is located in C-1-140 MAK, 616-331-8585.

Online at: <http://www.gvsu.edu/clasadvising>

### Declaring the Exercise Science Major with Clinical Exercise Science 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 Clinical Exercise Science"
5. Click "Submit" and then click "Change to New Program"

### Prerequisite Sequences in the Major



### General Education Overlap

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

\*BIO 120, CHM 109 and PSY 101 are prerequisites to courses that are required in the major.

### List of Required Courses

#### Exercise Science Major B.S. Degree Requirements

- BMS 208 – Human Anatomy
- MOV 304 – Introduction to Exercise Physiology Credits: 3
- STA 215 - Introductory Applied Statistics Credits: 3

#### Exercise Science Major Courses

- BMS 105 - Basic Nutrition Credits: 3
- MOV 101 - Foundations of Human Movement Science Credits: 3
- MOV 102 - First Aid, CPR and AED Credits: 2
- MOV 217 - Modern Principles of Athletic Training Credits: 2
- MOV 218 - Modern Principle of Athletic Training Lab Credits: 1
- MOV 300 - Kinesiology Credits: 3
- MOV 309 - Measurement and Evaluation Credits: 2
- MOV 320 - Exercise Testing and Prescription Credits: 3
- MOV 321 - Exercise Testing Lab Credits: 1
- MOV 420 - Laboratory Practicum in Exercise Science Credits: 2
- MOV 470 - Exercise for Special Populations Credits: 3
- MOV 475 - Fieldwork in Exercise Science Credits: 2
- MOV 490 - Internship in Exercise Science Credits: 6 to 12
- MOV 495 - Professionalism in Exercise Science Credits: 3 (SWS)

#### Clinical Exercise Science Emphasis

- BMS 290 - Human Physiology Credits: 3
- BMS 291 - Laboratory in Human Physiology Credits: 1
- BMS 306 - Advanced Human Nutrition Credits: 3
- BMS 415 - Nutrition and Physical Performance Credits: 3
- CHM 231 - Introductory Organic Chemistry Credits: 4
- CHM 232 - Biological Chemistry Credits: 4
- MOV 365 - Clinical Exercise Physiology Credits: 3
- PHY 200 - Physics for the Life Sciences Credits: 4
- PSY 310 - Behavior Modification Credits: 3