COLLEGE OF LIBERAL ARTS AND SCIENCES (CLAS) ACADEMIC ADVISING CENTER 2018-2019

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

Year One			
[1]**BIO 120 – General Biology I (Gen Ed)** Prerequisite: None	4	[1]**BMS 208 – Human Anatomy** Prerequisite: BIO 120	3
[1]**CHM 109 – Introductory Chemistry (Gen Ed)** Prerequisite: None	4	[1]**CHM 231 – Introductory Organic Chemistry** 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
		[5]Elective Prerequisite:	1
Total	*15*	*Total*	*15*
Year Two			
[1]**BMS 290 + BMS 291 – Human Physiology (with lab)** Prerequisite: BMS 208 and two semesters of chemistry	4	[1]**MOV 304 – Introduction to Exercise Physiology** 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 – Principles of Athletic Training Prerequisite: None	2
[5]Elective Prerequisite:	1	EXS 209 – Research Methods in Exercise and Health Sciences Prerequisite: STA 215	3
Total	*15*	*Total*	*15*
Year Three			
[1]**EXS 320 + EXS 321 – Exercise Testing and Prescription (with lab)** Prerequisite: MOV 304; EXS 320 and EXS 321 are co-requisites	4	[1]**EXS 390 – Fieldwork in Exercise Science** Prerequisite: EXS 320 and EXS 321 both with a B- or better; STA 215	2
PSY 310 – Behavior Modification Prerequisites: PSY 101 or HNR 234	3	[2]Major Elective (see list below) Prerequisite:	3
MOV 300 – Kinesiology Prerequisite: BMS 202 or BMS 208 or BMS 250	3	EXS 465 – Cardiopulmonary Rehabilitation Prerequisite: EXS 320 and EXS 321	3
[2]Major Elective (see list below) Prerequisite:	3	Gen Ed Course Prerequisite:	3
Gen Ed Course Prerequisite:	3	Issue Course Prerequisite:	3
		[5]Elective Prerequisite:	1
Total	*16*	*Total*	*15*
Year Four			
[1]**EXS 420 – Laboratory Practicum in Exercise Science** Prerequisite: EXS 390 or both EXS 320 and 321	3	[1, 4] **EXS 490 – Internship in Exercise Science**[4] Prerequisite: EXS 420 with a minimum grade of B-	6-12
EXS 470 – Exercise for Special Populations Prerequisite: EXS 320 and EXS 321	3	Gen Ed Course Prerequisite:	3
[3]EXS 495 – Professionalism in Exercise Science (SWS) Prerequisite: EXS 390 and WRT 150	3	Gen Ed Course Prerequisite:	3
[2]Major Elective (see list below) Prerequisite:	3	Gen Ed Course Prerequisite:	3
Issue Course Prerequisite:	3		
Total	*15*	*Total*	*15*

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

Notes:

[1] Courses that are bolded have to be taken in the sequence that they are displayed on this guide (see prerequisite sequence on back)

[2] Options for major electives: BIO 355, BMS 375, EXS 460, MOV 310, MOV 350, MOV 480, PSY 364, STA 345

[3] Students must complete two courses with an SWS attribute.

[4] EXS 490 – Internship in Exercise Science can be taken for 6, 9, or 12 credits.

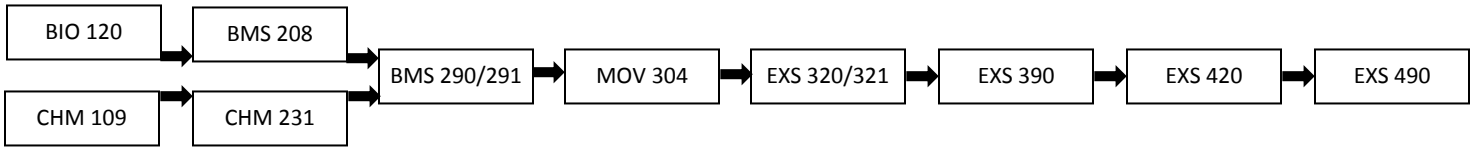
[5] *Elective* refers to courses that help earn credits toward the 120 credits required for graduation.

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 217 - Modern Principles of Athletic Training Credits: 2
- MOV 300 - Kinesiology Credits: 3
- EXS 209 – Research Methods in Exercise and Health Sciences Credits: 3
- EXS 320 - Exercise Testing and Prescription Credits: 3
- EXS 321 - Exercise Testing Lab Credits: 1
- EXS 390 – Fieldwork in Exercise Science Credits: 2
- EXS 420 – Laboratory Practicum in Exercise Science Credits: 3
- EXS 470 - Exercise for Special Populations Credits: 3
- EXS 490 - Internship in Exercise Science Credits: 6, 9, or 12
- EXS 495 - Professionalism in Exercise Science Credits: 3 (SWS)
- PSY 310 – Behavior Modification Credits: 3

Clinical Exercise Science Emphasis

- CHM 109 – Introductory Chemistry Credits: 4
- BMS 290 - Human Physiology Credits: 3
- BMS 291 - Laboratory in Human Physiology Credits: 1
- Major Elective Credits: 3
- Major Elective Credits: 3
- CHM 231 - Introductory Organic Chemistry Credits: 4
- CHM 232 - Biological Chemistry Credits: 4
- EXS 465 – Cardiopulmonary Rehabilitation for the Clinical Exercise Physiologist Credits: 3
- PHY 200 - Physics for the Life Sciences Credits: 4