

**EXERCISE SCIENCE – BS – HEALTH-FITNESS INSTRUCTION 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 250 – Anatomy and Physiology I</b> Prerequisite: BIO 120	4
WRT 150 – Strategies in Writing (Gen Ed) Prerequisite: None	4	PSY 101 – Introductory Psychology (Gen Ed) Prerequisite: None	3
MTH 110 – Algebra Prerequisite: MTH 097 or GVSU placement test	4	<sup>5</sup> CIS 150 – Introduction to Computing (or sub) Prerequisite: None	3
MOV 101 – Foundations of Human Movement Science Prerequisite: None	3	BMS 105 – Basic Nutrition Prerequisite: None	3
		Gen Ed Course Prerequisite:	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>16</i>
<b>Year Two</b>			
<b><sup>1</sup>BMS 251 – Anatomy and Physiology II</b> Prerequisite: BMS 250	4	<b><sup>1</sup>MOV 304 – Introduction to Exercise Physiology</b> Prerequisite: BMS 202 or BMS 290 or BMS 251	3
<sup>5</sup> CIS 231 – Problem Solving Using Spreadsheets (or sub) Prerequisite: MTH 110 or MTH 115 or MTH 122 or MTH 201	3	MOV 300 – Kinesiology Prerequisite: BMS 202 or BMS 208 or BMS 250	3
STA 215 – Introductory Applied Statistics (Gen Ed) Prerequisite: MTH 110 or equivalent	3	MOV 201 – Psycho-Social Aspects of Physical Education and Sport Prerequisite: None	3
BMS 222 – Intro. to Public Health (Fall Only) (or BMS 223 in Winter) Prerequisite: None	3	MOV 309 – Measurement and Evaluation Prerequisite: None	2
Gen Ed Course Prerequisite:	3	Gen Ed Course Prerequisite:	3
		<sup>2</sup> Elective Prerequisite:	1
<i>Total</i>	<i>16</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
MOV 310 – Motor Skill Development Prerequisite: None	3	PSY 364 – Lifespan Developmental Psychology Prerequisite: PSY 101 or HNR 234	3
PSY 310 – Behavior Modification Prerequisite: PSY 101 or HNR 234	3	<sup>5</sup> SOC 252 – Soc. of Drug Use and Abuse (formerly SOC 384) (or sub) Prerequisite: None	3
MOV 102 – First Aid, CPR and AED Prerequisite: None	2	MOV 217 + MOV 218 – Principles of Athletic Training (with lab) Prerequisite: None	3
Issue Course Prerequisite:	3	Gen Ed Course Prerequisite:	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>14</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
<sup>3</sup> MOV 495 – Professionalism in Exercise Science (SWS) Prerequisite: MOV 420 and WRT 150	3	Gen Ed Course Prerequisite:	3
SOC 286 – Sociology of Health Care (formerly SOC 356) Prerequisite: None	3	Gen Ed Course Prerequisite:	3
Issue Course Prerequisite:	3		
<i>Total</i>	<i>14</i>	<i>Total</i>	<i>15</i>

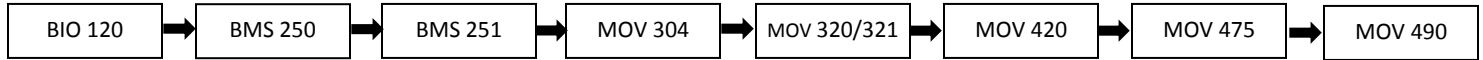
\*The block tuition rate is for 12-15 credits. You will pay additional tuition for any credits over 15.

**Notes:**<sup>1</sup>Courses that are bolded have to be taken in the sequence that they are displayed on this guide. (see information 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 GVSU 200+ level courses for CIS 150 and for CIS 231 and a GVSU 300+ level class for SOC 252 with approval from their 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 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"

## Prerequisite Sequences in the Major



## General Education Overlap

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

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

## List of Required Courses

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

- BMS 251 – Anatomy and Physiology II Credits: 4
- 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)

### Health-Fitness Instruction

- BMS 222 – Introduction to Public Health Credits: 3
- CIS 150 - Introduction to Computing Credits: 3
- CIS 231 - Problem Solving Using Spreadsheets Credits: 3
- MOV 201 - Psychosocial Aspects of Physical Education and Sport Credits: 3
- MOV 310 - Motor Skill Development Credits: 3
- PSY 310 - Behavior Modification Credits: 3
- PSY 364 - Life Span Developmental Psychology Credits: 3
- SOC 286 - Sociology of Health Care Credits: 3
- SOC 252 - Sociology of Drug Use and Abuse Credits: 3
- BMS 250 – Anatomy and Physiology I Credits:4