

EXERCISE SCIENCE – BS – HEALTH-FITNESS INSTRUCTION EMPHASISTHIS 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			
¹BIO 120 – General Biology I (Gen Ed) Prerequisite: None	4	¹BMS 250 – Anatomy and Physiology I 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	BMS 105 – Basic Nutrition Prerequisite: None	3
MOV 101 – Foundations of Human Movement Science Prerequisite: None	3	Gen Ed Course Prerequisite:	3
		⁵ Elective Prerequisite:	2
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Two			
¹BMS 251 – Anatomy and Physiology II Prerequisite: BMS 250	4	¹MOV 304 – Introduction to Exercise Physiology Prerequisite: BMS 202 or BMS 290 or BMS 251	3
STA 215 – Introductory Applied Statistics (Gen Ed) Prerequisite: MTH 110 or equivalent	3	MOV 300 – Kinesiology Prerequisite: BMS 202 or BMS 208 or BMS 250	3
PH 222 – Public Health Concepts or BMS 223 – Infectious Human Diseases Prerequisite: None	3	MOV 201 – Psycho-Social Aspects of Physical Education and Sport Prerequisite: None	3
Gen Ed Course Prerequisite:	3	EXS 209 – Research Methods in Exercise and Health Sciences Prerequisite: STA 215	3
MOV 217 – Principles of Athletic Training Prerequisite: None	2	Gen Ed Course Prerequisite:	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Three			
¹EXS 320 + EXS 321 – Exercise Testing and Prescription (with lab) Prerequisite: MOV 304; EXS 320 and 321 are co-requisites	4	¹EXS 390 – Fieldwork in Exercise Science Prereq: EXS 320/321 both with at least a B-; STA 215; First Aid/CPR cert	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	⁵ SOC 252 – Soc. of Drug Use and Abuse Prerequisite: None	3
Issue Course Prerequisite:	3	Gen Ed Course Prerequisite:	3
² Major Elective (see list below) Prerequisite:	3	EXS 470 – Exercise for Special Populations Prerequisite: EXS 320 and EXS 321	3
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>14</i>
Year Four			
¹EXS 420 – Laboratory Practicum in Exercise Science Prerequisite: EXS 390 or both EXS 320 and EXS 321.	3	¹EXS 490 – Internship in Exercise Science⁴ Prerequisite: EXS 420 with a minimum grade of B-	6-12
³ EXS 495 – Professionalism in Exercise Science (SWS) Prerequisite: EXS 390	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	Gen Ed Course Prerequisite:	3
² Major Elective (see list below) Prerequisite:	3		
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>

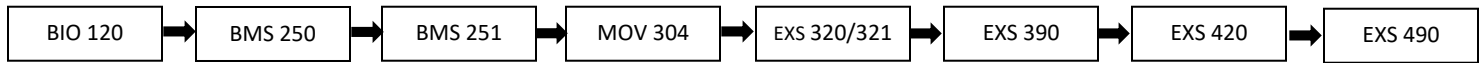
*The block tuition rate is for 12-15 credits. You will pay additional tuition for any credits over 15.

Notes:¹Courses that are bolded have to be taken in the sequence that they are displayed on this guide. (see information on back)²Options for Major Electives: BIO 355, BMS 375, EXS 460, MOV 350, MOV 480, STA 345³Students must complete two courses with an SWS attribute.⁴EXS 490 – Internship in Exercise Science can be taken for 6, 9 or 12 credits.⁵Elective 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 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 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 420 - Laboratory Practicum in Exercise Science Credits: 3
- EXS 470 - Exercise for Special Populations Credits: 3
- EXS 390 - Fieldwork in Exercise Science Credits: 2
- EXS 490 - Internship in Exercise Science Credits: 6 to 12
- EXS 495 - Professionalism in Exercise Science Credits: 3 (SWS)
- PSY 310 - Behavior Modification Credits: 3

Health-Fitness Instruction Emphasis Courses

- BMS 222 – Introduction to Public Health Credits: 3 or BMS 223 – Infectious Human Diseases Credits: 3
- BMS 250 – Anatomy and Physiology I Credits: 4
- BMS 251 – Anatomy and Physiology II Credits: 4
- MOV 201 - Psychosocial Aspects of Physical Education and Sport Credits: 3
- MOV 310 - Motor Skill Development 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
- Major Elective Credits: 3
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