

EXERCISE SCIENCE – BS – CLINICAL EXERCISE SCIENCE 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
¹CHM 109 – Introductory Chemistry (Gen Ed) Prerequisite: None	4	¹CHM 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
<i>Total</i>	15	<i>Total</i>	15
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
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	ATH 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
<i>Total</i>	15	<i>Total</i>	15
Year Three			
¹EXS 320 + EXS 321 – Exercise Testing and Prescription (with lab) Prerequisite: MOV 304; EXS 320 and EXS 321 are co-requisites	4	¹EXS 390 – Fieldwork in Exercise Science Prerequisite: EXS 320 and EXS 321 both with a B- or better CPR/First Aid Certified	2
PSY 310 – Behavior Modification Prerequisites: PSY 101	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: Junior Standing	1
		⁵ Elective Prerequisite:	
<i>Total</i>	16	<i>Total</i>	15
Year Four			
¹EXS 420 – Laboratory Practicum in Exercise Science Prerequisite: EXS 390	3	^{1, 4}EXS 490 – Internship in Exercise Science⁴ Prerequisite: EXS 420 with a minimum grade of B-	6-12
EXS 470 – Exercise for Special Populations Prerequisite: EXS 320 and EXS 321	3	³ EXS 495 – Professionalism in Exercise Science (SWS) Prerequisite: EXS 390 and WRT 150	3
² Major Elective (see list below) Prerequisite:	3	Gen Ed Course Prerequisite: None	3
Issue Course Prerequisite: Junior Standing	3	Gen Ed Course Prerequisite: None	3
Gen Ed Course Prerequisite: None	3		
<i>Total</i>	15	<i>Total</i>	15

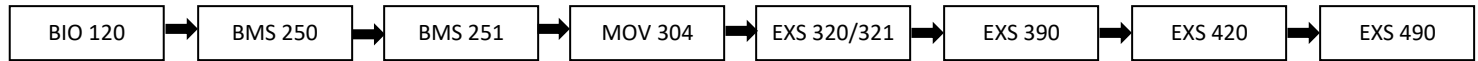
*The block tuition rate is for 12-15 credits. You will pay additional tuition for any credits over 15.

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 328, BIO 355, BMS 375, EXS 460, MOV 310, MOV 350, MOV 480, PSY 364, STA 345³ 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 Students must have a minimum of 120 credits to graduate with 58 of the 120 credits being from a senior level institution and the final 30 of the 120 credits completed at GVSU.*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-1-120 and 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 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

- BIO 120 – General Biology Credits: 4
- BMS 105 - Basic Nutrition Credits: 3
- MOV 101 - Foundations of Human Movement Science Credits: 3
- ATH 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
- STA 215 - Introductory Applied Statistics Credits: 3

Clinical Exercise Science Emphasis

- CHM 109 – Introductory Chemistry Credits: 4
- CHM 231 - Introductory Organic Chemistry Credits: 4
- CHM 232 - Biological Chemistry Credits: 4
- BMS 250 – Anatomy and Physiology I Credits: 4
- BMS 251 – Anatomy and Physiology II Credits: 4
- EXS 465 – Cardiopulmonary Rehabilitation for the Clinical Exercise Physiologist Credits: 3
- PHY 200 - Physics for the Life Sciences Credits: 4
- Major Elective Credits: 3
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