

EXERCISE SCIENCE – BS – EXERCISE PHYS & SPORT PERF 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			
BIO 120 - General Biology I (Gen Ed LSL) Prerequisites: High school chemistry, CHM 109, or CHM 125 and CHM 126 strongly recommended (may be taken concurrently). ¹ WRT 150 – Strategies in Writing or WRT 120 (<i>self-placement</i>) EXS 195 - Introduction to Exercise Science (<i>CLAS Voyage, Embarking</i>) ² MTH 110 - Algebra Prerequisite: Assignment through GVSU placement test Elective (if needed)	4 3-4 3 4 1	BMS 250 - Anatomy & Physiology I Prerequisite: BIO 120 BMS 105 - Basic Nutrition or ¹ WRT 130 (<i>self-placement</i>) CHM 109 –Introductory Chemistry (Gen Ed Physical Science) Prerequisite: MTH 110 or MTH 109 (may be taken concurrently) PSY 101 - Introductory Psychology (Gen Ed SBS #1) Elective	4 3 4 3 1
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Two			
BMS 251 - Anatomy & Physiology II Prerequisite: BMS 250 EXS 220 - Exercise Instruction & Leadership Prerequisite: EXS 195 STA 215-Introductory Applied Statistics (Gen Ed Math) Prerequisite: MTH 110 or equivalent ATH 217 – Modern Principles of Athletic Training Gen Ed - SBS #2	4 3 3 2 3	MOV 304 - Introduction to Exercise Physiology Prerequisite: BMS 251 MOV 300 - Kinesiology Prerequisite: BMS 250 EXS 209 - Evidence-Based Practice in Exercise Science Prerequisite: STA 215 Gen Ed - U.S. Diversity Gen Ed – Global Perspectives and Historical Analysis	3 3 3 3 3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Three			
EXS 320 - Exercise Testing & Prescription (CLAS Voyage, Experiential Learning) Prerequisite: MOV 304; EXS 322 is a corequisite EXS 322 - Exercise Testing Lab Prerequisite: MOV 304; EXS 320 is a corequisite Emphasis Elective # 1 (see list on back) EXS 404 - Advanced Exercise Physiology [Emphasis] Prerequisite: MOV 304 & EXS 209 Gen Ed – The Arts Elective(s) – if needed	3 2 3 3 3 1	EXS 360 - Strength & Conditioning in Ath Perf [Emphasis] Prerequisite: EXS 320/EXS 322 EXS 355 - Essentials of Sport Science [Emphasis] Prerequisite: MOV 304 EXS 440 - Environ. Ex Physiology [Emphasis - Winter only] Prerequisite: MOV 304 Emphasis Elective # 2 (see list on back) Issues #1 + SWS Prerequisite: Junior Standing and WRT 150	3 3 3 3 3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Four			
EXS 470 - Exercise for Special Populations Prerequisite: EXS 320/EXS 322 EXS 400 - Biomechanics [Emphasis– Fall only] Prerequisite: MOV 300 EXS 495 - Professionalism in Exercise Science (SWS#1): <i>CLAS Voyage, Capstone</i> Prerequisite: EXS 320/322, Senior Standing Emphasis Elective # 3 (see list on back) Issues #2	3 3 3 3 3	EXS 490 - Internship in Exercise Science (CLAS Voyage, Experiential Learning) Prerequisite: EXS 470, Senior Standing Emphasis Elective # 4 (see list on back) Gen Ed - Philosophy & Literature	6-12 3 3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>

¹Students who self-place into WRT 120 should take this course in the fall semester and then take WRT 130 in the winter semester of their first year. WRT 150 can be taken in either semester during their first year. A grade of C or better (**NOT A C-**) is required in WRT 130 or 150 to satisfy the WRT requirement.

²Math 110 Proficiency Exam is available for students prepared to test out of MTH 110 and can be taken at www.gvsu.edu/s/mv
Courses **bolded** are required to be taken in the sequence as they have been listed in this guide

Additional Requirements/Information:

*Students must have a minimum of 120 credits to graduate with 58 of the 120 credits being from a senior level institution like GVSU and the final 30 credits of the 120 credits are specifically to be completed at GVSU. Elective refers to any course that will help meet these requirements.

*In addition to major requirements, all general education or honors program requirements must also be completed.

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

*A major GPA of 2.0 or higher within the major is required to graduate. For full graduation requirements, refer to the [GVSU 2025-2026 Catalog](#).

This emphasis deepens and expands content in human athletic performance and the physiology of training, thus preparing students for careers in strength & conditioning, sports science, biomechanics, and graduate school/academia.

Declaring the Exercise Science Major with Exercise Physiology and Sport Performance 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 Exercise Physiology and Sport Performance”
5. Click “Submit” and then “Change to New Program”

Emphasis Elective Choices – Must choose 11 credits

BMS 305 – Clinical Nutrition (3 credits) – *Prerequisites: BMS 290 or BMS 251 and (CHM 234 or CHM 461)*

EXS 200 – Psychosocial Aspects of Exercise & Physical Activity (3 credits) - *Prerequisite: PSY 101*

EXS 330 – Physical Activity and Public Health (3 credits) - *Prerequisite: MOV 304*

EXS 390 – Fieldwork in Exercise Science (2 credits) – *Prerequisites: EXS 320 and EXS 321 or 322 with at least a B-*

EXS 465 – Cardiopulmonary Rehabilitation for the Clinical Exercise Physiologist (3 credits) – *Prerequisite: EXS 320 & EXS 321/ 322*

MOV 201 – Psychosocial Aspects of Physical Education and Sport (3 credits)

MOV 310 – Motor Skill Development (3 credits)

PH 222 – Public Health Concepts (3 credits)

PHY 216 – Physics of Sport (3 credits) – *Prerequisites: MTH 108 and 109 (or MTH 110)*

STA 345 – Statistics in Sports (3 credits) – *Prerequisites: STA 215 or 312 and junior standing*

General Education Overlap

General Education Categories fulfilled by the Major:	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101
Life Sciences w/lab: BIO 120	Physical Sciences w/lab: CHM 109
Issues: STA 345 (If selected as Major Electives)	

CLAS Voyage Courses	
What is the CLAS Voyage? https://www.gvsu.edu/clas/voyage or search “GVSU CLAS Voyage”	
Experiential Learning	EXS 320 + 322; EXS 490 internship
Capstone	EXS 495

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>