

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 Prerequisite: EXS 320/321 both with at least a B-; 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 – Sociology 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	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 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.

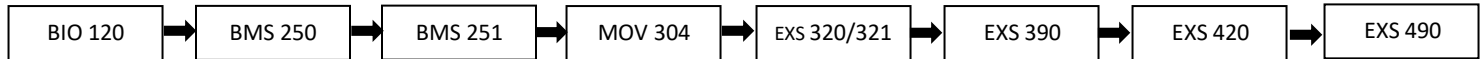
The CLAS Academic Advising Center is located in C-1-140 MAK, 616-331-8585.

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

- BIO 120 – General Biology Credits: 4
- 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

- PH 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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