

**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	BMS 105 – Basic Nutrition Prerequisite: None	3
MOV 101 – Foundations of Human Movement Science Prerequisite: None	3	Gen Ed Course - Art Prerequisite: <sup>5</sup> Elective Prerequisite:	3
	<b>Total</b> 15		<b>Total</b> 15
<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
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 – Historical Analysis Prerequisite:	3	EXS 209 – Research Methods in Exercise and Health Sciences Prerequisite: STA 215	3
ATH 217 – Principles of Athletic Training Prerequisite: None	2	Gen Ed Course – Philosophy and Literature Prerequisite:	3
	<b>Total</b> 15		<b>Total</b> 15
<b>Year Three</b>			
<b><sup>1</sup>EXS 320 + EXS 321 – Exercise Testing and Prescription (with lab)</b> Prerequisite: MOV 304; EXS 320 and 321 are co-requisites	4	<b><sup>1</sup>EXS 390 – Fieldwork in Exercise Science</b> 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	3
PSY 310 – Behavior Modification Prerequisite: PSY 101	3	<sup>5</sup> SOC 252 – Sociology of Drug Use and Abuse Prerequisite: None	3
Issue Course Prerequisite:	3	Gen Ed Course – Physical Science (no lab) Prerequisite:	3
<sup>2</sup> Major Elective (see list below) Prerequisite:	3	EXS 470 – Exercise for Special Populations Prerequisite: EXS 320 and EXS 321	3
	<b>Total</b> 16		<b>Total</b> 14
<b>Year Four</b>			
<b><sup>1</sup>EXS 420 – Laboratory Practicum in Exercise Science</b> Prerequisite: EXS 390	3	<b><sup>1</sup>EXS 490 – Internship in Exercise Science<sup>4</sup></b> Prerequisite: EXS 420 with a minimum grade of B-	6-12
SOC 286 – Health and Society (Gen Ed) Prerequisite: None	3	<sup>3</sup> EXS 495 – Professionalism in Exercise Science (SWS) Prerequisite: EXS 390	3
Issue Course Prerequisite:	3	Gen Ed Course – Global Perspectives Prerequisite:	3
<sup>2</sup> Major Elective (see list below) Prerequisite:	3	Elective (if needed)	3
Gen Ed Course – SWS (if needed) Prerequisite:	3		
	<b>Total</b> 15		<b>Total</b> 15

\*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>Options for Major Electives: BIO 328, BIO 355, BMS 375, EXS 460, MOV 350, MOV 480, STA 345<sup>3</sup>Students must complete two courses with an SWS attribute.<sup>4</sup>EXS 490 – Internship in Exercise Science can be taken for 6, 9 or 12 credits.<sup>5</sup>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.**

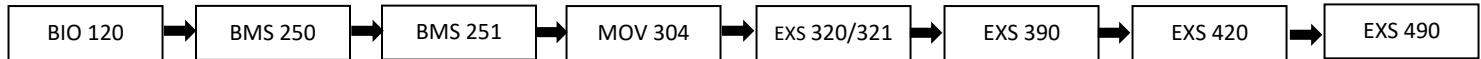
The CLAS Academic Advising Center is located in C-1-120 and C-1-140 MAK, 616-331-8585.

Online at: <http://www.gvsu.edu/clasadvising>

## Declaring the Exercise Science Major with 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

<b>General Education Categories fulfilled by the Major:</b>	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101*
Life Sciences: BIO 120*	Social and Behavioral Sciences & US Diversity: SOC 286

\*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
- 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 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, 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

### **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 – Health and Society Credits: 3
- SOC 252 - Sociology of Drug Use and Abuse Credits: 3
- Major Elective Credits: 3
- Major Elective Credits: 3