

EXERCISE SCIENCE – BS – EXERCISE SCIENCE IN HEALTHCARE 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	³BMS 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 PSL) 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>	15	<i>Total</i>	15
Year Two			
³BMS 251 - Anatomy & Physiology II Prerequisite: BMS 250 CHM 234 –Introductory Biochemistry [Emphasis] Prerequisite: CHM 109 or both CHM 125 and CHM 126 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	4 4 3 3 2	MOV 304 - Introduction to Exercise Physiology Prerequisite: BMS 202, BMS 251, or BMS 290 MOV 300 - Kinesiology Prerequisite: BMS 250 EXS 209 - Evidence-Based Practice in Exercise Science Prerequisite: STA 215 BMS 223 – Infectious Human Disease [Emphasis] Gen Ed – Social Behavioral Science #2	3 3 3 3 3
<i>Total</i>	16	<i>Total</i>	15
Year Three			
EXS 320 - Exercise Testing & Prescription (<i>CLAS Voyage, Experiential Learning</i>) Prerequisite: MOV 304; EXS 322 is a corequisite EXS 322 - Exercise Testing Lab Prerequisite: MOV 304; EXS 320 is a corequisite ⁴ PHY 200 – Physics for Life Sciences [Emphasis] Prerequisite: MTH 110 or GVSU Placement Emphasis Elective # 1 (see list on back) Gen Ed – The Arts	3 2 4 3 3	EXS 470 - Exercise for Special Populations Prerequisite: EXS 320/EXS 322 Emphasis Elective # 2 (see list on back) Emphasis Elective # 3 (see list on back) BIO 328 – Biomedical Ethics (Issues #1+SWS #1) [Emphasis] Gen Ed - Historical Analysis	3 3 3 3
<i>Total</i>	15	<i>Total</i>	15
Year Four			
EXS 495 - Professionalism in Exercise Science (SWS#2) <i>CLAS Voyage, Capstone</i> Prerequisite: EXS 320/322, Senior Standing Emphasis Elective # 4 (see list on back) Issues #2 (not BIO) Gen Ed - Philosophy & Literature Gen Ed - U.S. Diversity	3 3 3 3 3	EXS 490 - Internship in Exercise Science (<i>CLAS Voyage, Experiential Learning</i>) Prerequisite: EXS 470, Senior Standing Gen Ed – Global Perspectives Free Elective (if needed) or BMS 105 (if not yet taken)	6-12 3 3
<i>Total</i>	15	<i>Total</i>	15

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

³BMS 250 and BMS 251 may be substituted by taking all of the following courses instead: BMS 208 Human Anatomy, BMS 290 Human Physiology, and BMS 391 Human Physiology Lab. BMS 290 has prerequisites of 2 semesters of chemistry + BMS 208. See your advisor for more information.

⁴PHY 220 General Physics I can substitute for PHY 200. However, PHY 220 cannot count in the major electives if being used as a substitution for PHY 200.

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>

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.

*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 provides a logical gateway for graduate health profession-seeking students (athletic training, physical therapy, occupational therapy, and physician assistant) by broadening their basic biological and physical science background. This emphasis is intentionally diverse in electives to accommodate the wide range of graduate health profession pre-requisite coursework not already offered within the Exercise Science core curriculum.

Declaring the Exercise Science Major with the Health Care 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 Science in Health Care" (choose the one with /AT if you are pre-athletic training)
5. Click "Submit" and then "Change to New Program"
6. Repeat the process to declare "Pre-Graduate Health Professions" as your Second Major if you are pursuing a degree in Physical Therapy, Athletic Training, Physician Assistant, or any other College of Health Professions graduate programs. See www.gvsu.edu/chpss for more information.

General Education Overlap

General Education Categories fulfilled by the Major:	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101
Life Sciences: BIO 120	Physical Sciences: CHM 109
Supplemental Writing Skills: BIO 328 (if SWS section) and EXS 495	Issues: BIO 328

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

Major Electives (12 credits required)	
ATH 210: Directed Observation in AT (1 credit)	EXS 360: Strength and Conditioning for Athletic Performance (3 credits) Prerequisite: EXS 320 and EXS 321 or 322
ATH 218: Modern Principles of Athletic Training Lab (1 credit) Prerequisite: ATH 217, may be taken concurrently	EXS 400: Biomechanics (3 credits) Prerequisite: MOV 300
BIO 355: Human Genetics (3 credits) Prerequisite: BIO 120 or 104	EXS 440: Environmental Exercise Physiology (3 credits) Prerequisite: MOV 304
BMS 212: Introductory Microbiology (3 credits) Prerequisite: BIO 120 and one of (CHM 127 and CHM 128), or CHM 234, or CHM 231	EXS 465: Cardiopulmonary Rehabilitation for the Clinical Exercise Physiologist (3 credits) Prerequisite: EXS 320 and EXS 321 or 322
BMS 213: Laboratory in Microbiology (1 credit) Prerequisite: BMS 213, may be taken concurrently	PHY 216: Physics of Sport (4 credits) Prerequisite: MTH 108 and 109 (or MTH 110)
BMS 305: Clinical Nutrition (3 credits) Prerequisite: BMS 290 or BMS 251 and (CHM 234 or CHM 461)	*PHY 220: General Physics II (5 credits) Prerequisites: MTH 122 and MTH 123
BMS 309: Laboratory in Human Anatomy (2 credits) Prerequisite: C- or better in BMS 208 or BMS 251	PHY 221: General Physics II (5 credits) Prerequisite: PHY 220
BMS 310: Basic Pathophysiology (3 credits) Prerequisite: BMS 290 or BMS 251	PSY 303: Psychopathology (3 credits) Prerequisite: PSY 101
BMS 355: Anatomy of Joints (2 credits) Prerequisite: Both BMS 208 and BMS 309, or equivalent human anatomy course, or (both BMS 251 and MOV 300)	PSY 330: Foundations of Behavioral Neuroscience (3 credits) Prerequisite: PSY 101
BMS 427: Neuroanatomy (1 credit) Prerequisite: C- or better in BMS 290 or BMS 251	PSY 364: Life Span Developmental Psychology (3 credits) Prerequisite: PSY 101
CHM 231: Introductory Biochemistry (4 credits) Prerequisite: CHM 109 or both CHM 125 and CHM 126	PSY 431: Introduction to Neuropsychology (3 credits) Prerequisites: PSY 101 and one of PSY 300, BMS 301, CJ 300, PLS 300, or SW 430
MOV 102: First Aid, CPR, and AED (2 credits)	
MOV 310: Motor Skill Development (3 credits)	<i>*PHY 220 cannot count in major electives if being used as a substitute for PHY 200</i>