

EXERCISE SCIENCE – BS – PHYSICAL ACTIVITY & HEALTH 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 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			
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 202, BMS 251, or BMS 290 EXS 200 - Psychosocial Aspects of Phys Activity & Exercise Prerequisite: PSY 101 EXS 209 - Evidence-Based Practice in Exercise Science Prerequisite: STA 215 PH 222 - Public Health Concepts [Emphasis] Gen Ed - U.S. Diversity	3 3 3 3 3
<i>Total</i>	15	<i>Total</i>	15
Year Three			
EXS 320 - Exercise Testing & Prescription (CLAS Voyage, Experiential Learning) Prerequisite: MOV 304; EXS 322 is a co-requisite EXS 322 - Exercise Testing Lab Prerequisite: MOV 304; EXS 320 is a co-requisite EXS 370 - Exercise & Health Across the Lifespan [Emphasis-Fall only] Prerequisite: MOV 304 MOV 300 - Kinesiology Prerequisite: BMS 250 Gen Ed - Global Perspectives & Historical Analysis Elective(s) – if needed	3 2 3 3 3 3 1	EXS 330 - Phys Act & Public Health - [Emphasis-Winter only] Prerequisite: MOV 304 MOV 310 - Motor Skill Development [Emphasis] Emphasis Elective # 1 (see list on back) Gen Ed - Philosophy & Literature Issues #1 + SWS Prerequisite: Junior Standing and WRT 150	3 3 3 3 3
<i>Total</i>	15	<i>Total</i>	15
Year Four			
EXS 470 Exercise for Special Populations Prerequisite: EXS 320/322 EXS 465 Cardiopulmonary Rehabilitation [Emphasis] Prerequisite: EXS 320/322 EXS 495 Professionalism in Exercise Science (SWS#1) <i>CLAS Voyage, Capstone</i> Prerequisite: EXS 320/322, Senior standing Emphasis Elective # 2 (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 Gen Ed – The Arts Emphasis Elective # 3 (see list on back)	6-12 3 3
<i>Total</i>	15	<i>Total</i>	15

The block tuition rate is for 12-15 credits. You will pay additional tuition for more than 15 credits.

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/mvCourses **bolded** are required to be taken in the sequence as they have been listed in this guide and each course requires the previous to be completed**Graduation Requirements**

- Earn 120 credit hours at minimum of 2.0 GPA – 58 credit hours at 4-yr institution and last 30 credit hours at GVSU;
- Complete all components of the General Education program, including two Issues courses;
- Complete two supplemental writing skills (SWS) courses after WRT 150 with minimum grade of C.

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

This emphasis deepens content knowledge in health, wellness, and public health, thus preparing students for careers in community wellness, corporate/employee wellness, cardiac rehabilitation, personal training, and graduate school/academia.

Declaring the Exercise Science Major with Physical Activity & Health 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 Physical Activity & Health”
5. Click “Submit” and then “Change to New Program”
6. Repeat the process to declare “Health Professions Graduate Preparation” if you are pursuing a degree in Occupational Therapy or any other College of Health Professions graduate programs.

Emphasis Elective Choices – Must choose 8 credits

- BMS 427 – Neuroanatomy (1 credit) – *Prerequisite: C- or better in BMS 290 or BMS 251*
- EXS 360 – Strength & Conditioning Athletic Performance (3 credits) – *Prerequisite: EXS 320 and EXS 321 or 322*
- EXS 390 – Fieldwork in Exercise Science (2 credits) – *Prerequisite: EXS 320 and EXS 321 or 322 with at least a B-*
- EXS 404 – Advanced Exercise Physiology (3 credits) – *Prerequisite: MOV 304 and EXS 209*
- EXS 465 – Cardiopulmonary Rehabilitation for the Clinical Exercise Physiologist (3 credits) – *Prerequisite: EXS 320 and EXS 321 or 322*
- PSY 303 – Psychopathology (3 credits) – *Prerequisite: PSY 101*
- PSY 310 – Behavior Modification (3 credits) – *Prerequisite: PSY 101*
- PSY 330 – Foundations of Behavioral Neuroscience (3 credits) – *Prerequisite: PSY 101*
- PSY 364 – Life Span Developmental Psychology (3 credits) – *Prerequisite: PSY 101*
- PSY 367 – Health Psychology (3 credits) – *Prerequisite: PSY 101 and junior standing*
- PSY 431 – Intro to Neuropsychology (3 credits) – *Prerequisite: PSY 101 and one of PSY 300, BMS 301, CJ 300, PLS 300, or SW 430*

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: CHM 109
Issues: PSY 367 (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

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>