

Bachelor of Science (B.S.)

Exercise Science

Physical Activity & Health Emphasis Combined Degree with MPH

Year One			
BIO 120 General Biology ² (Gen Ed LS)	4	BMS 250 Anatomy & Physiology I ²	4
EXS 195 Introduction to Exercise Science	3	Prerequisite: BIO 120 or (both CMB 155 and 156)	
¹ MTH 110 Algebra	4	BMS 105 – Basic Nutrition	3
Prerequisite: MTH 097 or GVSU placement test		CHM 109 – Introductory Chemistry (Gen Ed PS)	4
¹ WRT 150 Strategies in Writing (Gen Ed Writing)	4	PSY 101 Introductory Psychology (Gen Ed SBS #1)	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>14</i>
Year One Spring Summer			
Gen Ed (SBS #2)			3
Year Two			
BMS 251 Anatomy & Physiology II ²	4	MOV 304 Introduction to Exercise Physiology ²	3
Prerequisite: BMS 250		Prerequisite: BMS 251 or BMS 290 or BMS 202	
EXS 220 Ex Instruction & Leadership	3	EXS 200 Psychosocial Aspects of Physical Activity and Exercise	3
Prerequisite: EXS 195		Prerequisite: PSY 101	
STA 215 Introductory Applied Statistics (Gen Ed Math)	3	EXS 209 Research Methods in Ex & Health Sciences	3
Prerequisite: MTH 110 or equivalent		Prerequisite: STA 215	
ATH 217 Modern Principles of Athletic Training	2	PH 222 Public Health Concepts [Emphasis]	3
Gen Ed (Global Perspectives)	3	Gen Ed (Historical Analysis)	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Two Spring Summer			
Gen Ed (Phil & Lit)			3
Gen Ed (U.S. Diversity)			3
Year Three			
EXS 320 Exercise Testing and Prescription ²	3	EXS 370 Exercise & Health Across the Lifespan [Emphasis]	3
Prerequisite: MOV 304; EXS 321 or EXS 322 is a co-requisite		Prerequisite: MOV 304	
EXS 321 Exercise Testing Lab ² or EXS 322 Exercise and Fitness Testing Laboratory ²	1 or 2	MOV 310 Motor Skill Development [Emphasis]	3
Prerequisite: MOV 304; EXS 320 is a co-requisite		EXS 470 Exercise for Special Populations ²	3
EXS 330 Phys. Act. & Pub Health - [Emphasis - Fall only] Prerequisite: MOV 304	3	Prerequisite: EXS 320 and (EXS 321 or EXS 322)	
MOV 300 Kinesiology	3	Gen Ed (Art)	3
Prerequisite: BMS 250 or BMS 202 or BMS 208		Issues #2	3
Free Elective	2	Prerequisite: Junior Standing	
Issues #1 and SWS#1	3		
Prerequisite: Junior Standing and (WRT 150 or WRT 130)			
<i>Total</i>	<i>16 or 17</i>	<i>Total</i>	<i>15</i>
Year Three Spring Summer (Accepted to MPH, Select MPH emphasis of Epidemiology or Health Promotion)			
EXS 490 Internship in Exercise Science ²			6
Prerequisite: EXS 320 and (EXS 321 or EXS 322) and senior standing			
<i>Total</i>		<i>Total</i>	<i>6</i>
Year Four (Accepted to MPH)			
*PH 500 - Introduction to Public Health	3	*PH 505 – Social and Behavioral Public Health	3
*PH 510 - Public Health Epidemiology	3	*PH 530 – Qualitative Research Methods in Public Health	3
STA 610 - Applied Statistics for Health Professions	3		
EXS 495 – Professionalism ⁷ (SWS #2)	3		3

For additional degree-specific information, please consult your exercise science faculty advisor or go online at:
<http://www.gvsu.edu/exercisescience>

Prerequisites: Prerequisite: EXS 320 and (EXS 321 or EXS 322) and senior standing		PH 602 Chronic Disease Epidemiology (Epidemiology Elective) OR PH 622 Health Behavior and Promotion (Health Promotion Elective) PH 520 – Environmental and Occupational Health	3
<i>Total</i>	<i>12</i>	<i>Total</i>	<i>12</i>
Year Four (Not Accepted to MPH)			
EXS 465 Cardiopulmonary Rehabilitation [Emphasis] Prerequisite: Prerequisite: EXS 320 and (EXS 321 or EXS 322)	3	EXS 490 Internship in Exercise Science Prerequisite: EXS 320 and (EXS 321 or EXS 322) and senior standing	6
EXS 495 Professionalism in Exercise Science (SWS #2) Prerequisite: EXS 320 and (EXS 321 or EXS 322) and senior standing	3	Emphasis Elective # 3	3
Emphasis Elective # 1	3		
Emphasis Elective # 2	3		
<i>Total</i>	<i>12</i>	<i>Total</i>	<i>9</i>

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

¹Students who place into preparatory levels of Math or Writing will take a two-semester version of this requirement | MTH 108 & MTH 109 | WRT 120 & 130

²Courses **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;
- Complete two supplemental writing skills (SWS) courses after WRT 150, each with minimum C grade.
- For more information, visit the CLAS Academic Advising Center – MAK C-1-140 (<http://www.gvsu.edu/clasadvising>)

*Students may apply to the Master of Public Health program (<https://www.gvsu.edu/grad/mph>) at the start of their junior year (upon the completion of 55+ credits) for admission in the upcoming fall cohort (senior year status). Students will be notified of acceptance after the early admissions deadline (November 1) if the application is submitted by that date or after the official admissions deadline (March 1). Requirements for application include:

1. Junior standing (upon the completion of 55+ credits)
2. Minimum overall GPA of a 3.0
3. Two completed and received letters of recommendation
4. Resume
5. A written statement addressing questions determined by the MPH program

Combined Degree Substitutions in Exercise Science with an emphasis in Physical Activity and Health

PH 500 (3 credits) in lieu of EXS 465 (3 credits)
PH 505 (3 credits) in lieu of EXS major elective #1 (3 credits)
PH 510 (3 credits) in lieu of EXS major elective #2 (3 credits)
PH 530 (3 credits) in lieu of EXS major elective #3 (3 credits)

If students choose not to pursue MPH degree or is unsuccessful in the pursuit of the Combined Degree, students are required to complete the BS degree in Exercise Science.

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.

Emphasis Elective Choices – Must choose 8 credits

BMS 427 – Neuroanatomy (1 credit)
EXS 360 – Strength & Conditioning Athletic Performance (3 credits)
EXS 390 – Fieldwork in Exercise Science (2 credits)
EXS 404 – Advanced Exercise Physiology (3 credits)
PSY 303 – Psychopathology (3 credits)
PSY 310 – Behavior Modification (3 credits)
PSY 330 – Foundations of Behavioral Neuroscience (3 credits)
PSY 364 – Life Span Developmental Psychology (3 credits)
PSY 367 – Health Psychology (3 credits)
PSY 431 – Intro to Neuropsychology (3 credits)