

Combined Degree Program
Exercise Science (B.S.) - Physical Activity & Health Emphasis
Master of Public Health (M.P.H.) – Health Promotion Emphasis

1 st Year ~ Fall	Cr	1 st Year ~ Winter	Cr	1 st Year ~ Summer	Cr
EXS 195: Introduction to Exercise Science	3	BMS 105: Basic Nutrition	3	Gen. Education Course ^{GE Soc./Beh. Sci}	3
¹ WRT 150: Strategies in Writing ^{or WRT 120 & WRT 130}	4	² BMS 250: Anatomy & Physiology I	4		
BIO 120: General Biology I ^{GE Life Science}	4	CHM 109: Introductory Chemistry ^{GE Physical Science}	4		
¹ MTH 110: Algebra ^{prerequisite to STA 215 & PHY 200}	4	PSY 101: Intro. Psychology ^{GE Soc./Behav. Sci}	3		
Total Credit Hours	15	Total Credit Hours	14	Total Credit Hours	3
2 nd Year ~ Fall	Cr	2 nd Year ~ Winter	Cr	2 nd Year ~ Summer	Cr
ATH 217: Modern Principles of Athletic Training	2	EXS 200: Psychosocial Aspects Phys. Act. & Exer. [Emphasis] Prerequisite: PSY 101	3	Gen. Education Course ^{GE, Phil & Lit}	3
Gen. Education Course ^{GE, Global Perspectives}	3	EXS 209: Evidence Based Practice in Exercise Sci. Prerequisite: STA 215	3	Gen. Education Course ^{GE, US Div.}	3
² BMS 251: Anatomy & Physiology II Prerequisite: BMS 250	4	² MOV 304: Intro. to Exercise Physiology Prerequisite: BMS 251 or BMS 290 or BMS 202	3		
EXS 220: EXS Instruction and Leadership Prerequisite: EXS 195	3	PH 222: Public Health Concepts [Emphasis]	3		
STA 215: Intro. Applied Statistics ^{GE Math}	3	Gen. Education Course ^{GE, Historical Analysis}	3		
Total Credit Hours	15	Total Credit Hours	15	Total Credit Hours	6
3 rd Year ~ Fall. (Apply to B.S./M.P.H program)	Cr	3 rd Year ~ Winter	Cr	3 rd Year ~ Summer	Cr
MOV 300: Kinesiology Prerequisite: BMS 250 or BMS 202 or BMS 208	3	EXS 370: Exercise & Health Across the Lifespan [Emphasis] Prerequisite: MOV 304	3	EXS 490: Internship in Ex. Sci. Prerequisite: EXS 470 & senior standing	6
² EXS 320: Exercise Testing & Prescription Prerequisite: MOV 304; EXS 321 or EXS 322 is a co-requisite	3	² EXS 470: Exercise for Special Populations Prerequisite: EXS 320 and EXS 322	3		
² EXS 322: Exercise Testing Lab	2	MOV 310: Motor Skill Development [Emphasis]	3		
EXS 330: Phys. Act. & Pub. Health - [Emphasis - Fall only] Prerequisite: MOV 304	3	Gen. Education Course ^{GE, Issues #2} Prerequisite: Junior Standing	3		
Gen. Education Course ^{GE, Issues #1 & SWS #1} Prerequisite: Junior Standing and (WRT 150 or WRT 130)	3	Gen. Education Course ^{GE, Art}	3		
Free Electives (to reach 120 credits)	2				
Total Credit Hours	16	Total Credit Hours	15	Total Credit Hours	6
4 th Year ~ Fall (Combined BS/MPH Prog. Begins)	Cr	4 th Year ~ Winter	Cr	4 th Year ~ Summer	Cr
EXS 495: Professionalism in Ex. Sci. ^{GE, Capstone SWS#2} Prerequisite: EXS 320 and EXS 322) and senior standing	3	*PH 505: Social & Behavioral Pub. Health	3	PH 525: Quant. Res. Methods in Pub. Health	3
*PH 500: Introduction to Public Health	3	*PH 530: Qual. Res. Methods in Pub. Health	3	PH 620: Health Education	3
*PH 510: Public Health Epidemiology	3	PH 622: Health Behavior & Promotion	3		
PH 520: Environmental & Occupational Health	3				
Total Credit Hours	12	Total Credit Hours	9	Total Credit Hours	6
5 th Year ~ Fall	Cr	5 th Year ~ Winter	Cr		
PH 628: Health Program Evaluation	3	PH 629: Advocacy Strategies in Public Health	3		
PH 626: Health Advocacy and Literacy	3	PH 632: PH Social Campaigning & Distribution	3		
PH 688: Practicum	3	PH 693: Master's Project – Part 2	2		
PH 693: Master's Project – Part 1	1				
Total Credit Hours	10	Total Credit Hours	8		

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

*These courses are substitutions for courses in Exercise Science with an emphasis in Physical Activity and Health

Combined Degree Notes

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>)

Application to M.P.H. program

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 students are strongly encouraged to meet with a College of Health Professions advisor (schedule through Navigate) to review the MPH admission program prior to applying to the 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 are unsuccessful in the pursuit of the Combined Degree, students are required to complete the BS degree in Exercise Science-Physical Activity & Health.