

EXERCISE SCIENCE – BS – EXERCISE PHYS & SPORT PERF 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

Year One			
BIO 120 - General Biology I (Gen Ed LS)	4	BMS 250 - Anatomy & Physiology I Prerequisite: BIO 120	4
WRT 150 – Strategies in Writing (Gen Ed)	4	BMS 105 - Basic Nutrition	3
EXS 195 - Introduction to Exercise Science	3	CHM 109 –Introductory Chemistry (Gen Ed Physical Science)	4
MTH 110 - Algebra	4	PSY 101 - Introductory Psychology (Gen Ed SBS #1)	3
Prerequisite: MTH 097 or GVSU placement test		Elective	1
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Two			
BMS 251 - Anatomy & Physiology II Prerequisite: BMS 250	4	MOV 304 - Introduction to Exercise Physiology Prerequisite: BMS 251	3
EXS 220 - Exercise Instruction & Leadership Prerequisite: EXS 195	3	MOV 300 - Kinesiology Prerequisite: BMS 250	3
STA 215-Introductory Applied Statistics (Gen Ed Math) Prerequisite: MTH 110 or equivalent	3	EXS 209 - Evidence-Based Practice in Exercise Science Prerequisite: STA 215	3
ATH 217 – Modern Principles of Athletic Training	2	Gen Ed - U.S. Diversity	3
Gen Ed - SBS #2	3	Gen Ed – Global Perspectives and Historical Analysis	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Three			
EXS 320 - Exercise Testing & Prescription Prerequisite: MOV 304; EXS 322 is a co-requisite	3	EXS 360 - Strength & Conditioning in Ath Perf [Emphasis] Prerequisite: EXS 320/EXS 322	3
EXS 322 - Exercise Testing Lab Prerequisite: MOV 304; EXS 320 is a co-requisite	2	EXS 355 - Essentials of Sport Science [Emphasis] Prerequisite: MOV 304	3
Emphasis Elective # 1 (see list on back)	3	EXS 440 - Environ. Ex Physiology [Emphasis - Winter only] Prerequisite: MOV 304	3
EXS 404 - Advanced Exercise Physiology [Emphasis] Prerequisite: MOV 304 & EXS 209	3	Emphasis Elective # 2 (see list on back)	3
Gen Ed – The Arts	3	Issues #1	3
Elective(s) – if needed	1	Prerequisite: Junior Standing	
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Four			
EXS 470 - Exercise for Special Populations Prerequisite: EXS 320/EXS 322	3	EXS 490 - Internship in Exercise Science Prerequisite: EXS 470, Senior Standing	6
EXS 400 - Biomechanics [Emphasis– Fall only] Prerequisite: MOV 300	3	Emphasis Elective # 4 (see list on back)	3
EXS 495 - Professionalism in Exercise Science (SWS#1) Prerequisite: EXS 320/321, Senior Standing	3	Gen Ed - Philosophy & Literature	3
Emphasis Elective # 3 (see list on back)	3	SWS #2	3
Issues #2	3	Prerequisite: WRT 150	
Prerequisite: Junior Standing			
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>

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

Students 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
Courses **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 C grade.

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>

This emphasis deepens and expands content in human athletic performance and the physiology of training, thus preparing students for careers in strength & conditioning, sports science, biomechanics, and graduate school/academia.

Declaring the Exercise Science Major with Exercise Physiology and Sport Performance 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 Physiology and Sport Performance"
5. Click "Submit" and then "Change to New Program"

Emphasis Elective Choices – Must choose 11 credits

BMS 305 – Clinical Nutrition (3 credits) – *Prerequisites: BMS 290 or BMS 251 and (CHM 232 or CHM 230 or CHM 461)*

EXS 200 – Psychosocial Aspects of Exercise & Physical Activity (3 credits) - *Prerequisite: PSY 101*

EXS 330 – Physical Activity and Public Health (3 credits) - *Prerequisite: MOV 304*

EXS 390 – Fieldwork in Exercise Science (2 credits) – *Prerequisites: EXS 320 and EXS 321 or 322 with at least a B-*

MOV 201 – Psychosocial Aspects of Physical Education and Sport (3 credits)

MOV 310 – Motor Skill Development (3 credits)

PH 222 – Public Health Concepts (3 credits)

PHY 216 – Physics of Sport (3 credits) – *Prerequisites: MTH 108 and 109 (or MTH 110)*

STA 345 – Statistics in Sports (3 credits) – *Prerequisites: STA 215 or 312 and junior standing*

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
Issues: STA 345 (If selected as Major Electives)	