

**EXERCISE SCIENCE – BS – EXERCISE SCIENCE HEALTH PROFESSIONS****PREPARATION 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**

<b>Year One</b>			
<b>BIO 120 - General Biology I (Gen Ed - Life Science w/Lab)</b> WRT 150 - Strategies in Writing (Gen Ed Writing) EXS 195 - Introduction to Exercise Science MTH 110 - Algebra Prerequisite: GVSU placement test	4 4 3 4	<b>BMS 250 - Anatomy &amp; Physiology I</b> Prerequisite: BIO 120 BMS 105 - Basic Nutrition <b>CHM 109 – Introductory Chemistry (Gen Ed – Physical Science)</b> PSY 101 - Introductory Psychology (Gen Ed Social Behavioral Science #1)	4 3 4 3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>14</i>
<b>Year Two</b>			
<b>BMS 251 - Anatomy &amp; Physiology II</b> Prerequisite: BMS 250 CHM 230- Intro to Organic & Biochemistry [Emphasis] Prerequisite: CHM 109 EXS 220 - Exercise Instruction & Leadership Prerequisite: EXS 195 STA 215 - Introductory Applied Statistics (Gen Ed - Mathematical Science) Prerequisite: MTH 110 or equivalent ATH 217 - Modern Principles of Athletic Training	4 4 3 3 2	<b>MOV 304 - Introduction to Exercise Physiology</b> Prerequisite: BMS 251 EXS 209 - Research Methods in Exercise & Health Sciences Prerequisite: STA 215 MOV 300 - Kinesiology Prerequisite: BMS 250 Gen Ed – Social Behavioral Science #2 BMS 223 - Infectious Human Disease [Emphasis]	3 3 3 3 3
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>15</i>
<b>Year Three</b>			
<b>EXS 320 - Exercise Testing &amp; Prescription</b> Prerequisite: MOV 304; EXS 321 is a co-requisite <b>EXS 321 - Exercise Testing Lab</b> Prerequisite: MOV 304; EXS 320 is a co-requisite Beginning Fall 2025, EXS 322 will be required in place of EXS 321 PHY 200 Physics for Life Sciences [Emphasis] or PHY 220 Gen Ed – The Arts Emphasis Elective # 1 (see list on back) Free Elective – if needed	3 1 (2) 4 3 3 1	EXS 470 - Exercise for Special Populations Prerequisite: EXS 320/321 Gen Ed - Historical Analysis Emphasis Elective # 2 (see list on back) Emphasis Elective # 3 (see list on back) BIO 328 - Biomedical Ethics (Issues#1/SWS#1 )- [Emphasis]	3 3 3 3 3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
<b>Year Four</b>			
EXS 495 - Professionalism in Exercise Science (SWS#2) Prerequisite: EXS 320/321, Senior Standing Gen Ed - U.S. Diversity Emphasis Elective # 4 (see list on back) Issues # 2 Gen Ed – Philosophy & Literature	3 3 3 3 3	EXS 490 - Internship in Exercise Science Prerequisite: EXS 320/321, Senior standing Gen Ed – Global Perspectives Free Elective – if needed Free Elective – if needed	6-12 3 3 3
<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 complete**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.
- For more information, visit the CLAS Academic Advising Center – MAK C-1-140 (<http://www.gvsu.edu/clasadvising>)

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

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 Health Professions Prep”
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 Physical Therapy, Athletic Training, Physician Assistant, or any other College of Health Professions graduate programs.

**General Education Overlap**

<b>General Education Categories fulfilled by the Major:</b>	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101
Life Sciences: BIO 120	Physical Sciences: CHM 109

**Emphasis Elective Choices – Must choose 12 credits | Work with your advisors to select electives that align with your professional goals.**

- ATH 210: Directed Observation in AT (1 credit)
- ATH 218: Modern Principles of Athletic Training Lab (1 credit)
- BIO 355: Human Genetics (3 credits)
- BMS 212: Introductory Microbiology (3 credits)
- BMS 213: Laboratory in Microbiology (1 credit)
- BMS 305: Clinical Nutrition (3 credits)
- BMS 309: Laboratory in Human Anatomy (1 credit)
- BMS 310: Basic Pathophysiology (3 credits)
- BMS 355: Anatomy of Joints (2 credits)
- BMS 427: Neuroanatomy (1 credit)
- CHM 232: Biological Chemistry (4 credits)
- EXS 360: Strength and Conditioning for Athletic Performance (3 credits)
- EXS 400: Biomechanics (3 credits)
- EXS 440: Environmental Exercise Physiology (3 credits)
- MOV 102: First Aid, CPR, and AED (2 credits)
- MOV 310: Motor Skill Development (3 credits)
- PHY 216: Physics of Sport (4 credits)
- PHY 221: General Physics II (5 credits)
- PSY 303: Psychopathology (3 credits)
- PSY 330: Foundations of Behavioral Neuroscience (3 credits)
- PSY 364: Life Span Developmental Psychology (3 credits)
- PSY 431: Introduction to Neuropsychology (3 credits)