

# EXERCISE SCIENCE – BS – PHYSICAL ACTIVITY & HEALTH 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			
<b>BIO 120 - General Biology I (Gen Ed Life Sci)</b>	4	<b>BMS 250 - Anatomy &amp; Physiology I</b> Prerequisite: BIO 120	4
WRT 150 - Strategies in Writing (Gen Ed Writing)	4	BMS 105 – Basic Nutrition	3
EXS 195 -Introduction to Exercise Science	3	<b>CHM 109 – Introductory Chemistry (Gen Ed Phy Sci)</b>	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			
<b>BMS 251 Anatomy &amp; Physiology II</b> Prerequisite: BMS 250	4	<b>MOV 304 - Introduction to Exercise Physiology</b> Prerequisite: BMS 251	3
EXS 220 - Exercise Instruction & Leadership Prerequisite: EXS 195	3	EXS 200 - Psychosocial Aspects of Phys Activity & Exercise Prerequisite: PSY 101	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 Gen Ed - SBS #2	2	PH 222 - Public Health Concepts [Emphasis]	3
	3	Gen Ed - U.S. Diversity	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Three			
<b>EXS 320 - Exercise Testing &amp; Prescription</b> Prerequisite: MOV 304; EXS 322 is a co-requisite	3	<b>EXS 330 - Phys Act &amp; Public Health - [Emphasis-Winter only]</b> Prerequisite: MOV 304	3
<b>EXS 322 - Exercise Testing Lab</b> Prerequisite: MOV 304; EXS 320 is a co-requisite	2	MOV 310 - Motor Skill Development [Emphasis]	3
EXS 370 - Exercise & Health Across the Lifespan [Emphasis-Fall only] Prerequisite: MOV 304	3	Emphasis Elective # 1 (see list on back)	3
MOV 300 - Kinesiology Prerequisite: BMS 250	3	Gen Ed - Philosophy & Literature	3
Gen Ed - Global Perspectives & Historical Analysis	3	Issues #1	3
Elective(s) – if needed	2	Prerequisite: Junior Standing and WRT 150	
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Four			
<b>EXS 470 Exercise for Special Populations</b> <b>Prerequisite: EXS 320/322</b>	3	<b>EXS 490 Internship in Exercise Science</b> <b>Prerequisite: EXS 470, Senior standing</b>	6
EXS 465 Cardiopulmonary Rehabilitation [Emphasis] Prerequisite: EXS 320/322	3	Gen Ed – The Arts	3
EXS 495 Professionalism in Exercise Science (SWS#1) Prerequisite: EXS 320/322, Senior standing	3	Emphasis Elective # 3 (see list on back)	3
Emphasis Elective # 2 (see list on back)	3	SWS #2	3
Issues #2	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 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.

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 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*

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)	