

Bachelor of Science (B.S.)

## Exercise Science

Exercise Physiology & Sports Performance Emphasis

<b>Year One</b>			
<b>BIO 120 General Biology I</b> (Gen Ed IS)	4	<b>BMS 250 Anatomy &amp; Physiology I</b> Prerequisite: BIO 120 or BMS 202	4
EXS 195 Introduction to Exercise Science	3	BMS 105 Basic Nutrition	3
MTH 110 Algebra Prerequisite: MTH 097 or GVSU placement test	4	CHM 109 – Introductory Chemistry (Gen Ed PS)	4
PSY 101 Introductory Psychology (Gen Ed SBS #1)	3	WRT 150 Strategies in Writing (Gen Ed Writing)	4
<i>Total</i>	<b>14</b>	<i>Total</i>	<b>15</b>
<b>Year Two</b>			
<b>BMS 251 Anatomy &amp; Physiology II</b> Prerequisite: BMS 208 and two semesters of CHM	4	<b>MOV 304 Introduction to Exercise Physiology</b> Prerequisite: BMS 251	3
EXS 220 Ex 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 Research Methods in Ex & Health Sciences Prerequisite: STA 215	3
MOV 217 Modern Principles of Athletic Training	2	Emphasis Elective # 1	3
Gen Ed (SBS #2)	3	Gen Ed (U.S. Diversity)	3
<i>Total</i>	<b>15</b>	<i>Total</i>	<b>15</b>
<b>Year Three</b>			
<b>EXS 320 Exercise Testing and Prescription</b> Prerequisite: MOV 304; EXS 321 is a co-requisite	3	<b>EXS 360 Strength &amp; Conditioning [Emphasis]</b> Prerequisite: MOV 304 & MOV 300	3
<b>EXS 321 Exercise Testing Lab</b> Prerequisite: MOV 304; EXS 320 is a co-requisite	2	<b>EXS 355 Human Performance Enhancement [Emphasis]</b> Prerequisite: MOV 304	3
Emphasis Elective # 2	3	EXS 440 Environ. Exer. Physiology - <b>[Emphasis - Winter only]</b> Prerequisite: MOV 304	3
EXS 404 Advanced Exer. Physiology <b>[Emphasis]</b> Prerequisite: MOV 304 & EXS 209	3	Emphasis Elective # 4	2
Gen Ed (Global Perspectives)	3	Issues #1	3
Emphasis Elective # 3	3	Prerequisite: Junior Standing and WRT 150	3
<i>Total</i>	<b>17</b>	<i>Total</i>	<b>14</b>
<b>Year Four</b>			
EXS 470 Exercise for Special Populations Prerequisite: EXS 320 and EXS 321	3	<b>EXS 490 Internship in Exercise Science</b> Prerequisite: EXS 320/321 B- or higher and EXS 470	6
EXS 400 Biomechanics <b>[Emphasis] – Fall only</b> Prerequisite: MOV 300	3	EXS 495 Professionalism in Exercise Science (SWS #1) Prerequisite: EXS 320 and WRT 150	3
Issues #2 Prerequisite: Junior Standing and WRT 150	3	Gen Ed (Art)	3
Gen Ed (Historical Perspectives)	3	SWS # 2	3
Gen Ed (Phil & Lit)	3		
<i>Total</i>	<b>15</b>	<i>Total</i>	<b>15</b>

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

### 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>)

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