

Bachelor of Science (B.S.)  
**Exercise Science**  
 Physical Activity & Health Emphasis

<b>Year One</b>			
<b>BIO 120 General Biology I<sup>1</sup></b> (Gen Ed LS)	4	<b>BMS 250 Anatomy &amp; Physiology I<sup>2</sup></b>	4
EXS 195 Introduction to Exercise Science	3	Prerequisite: BIO 120 or BMS 202	
MTH 110 Algebra	4	BMS 105 – Basic Nutrition	3
Prerequisite: MTH 097 or GVSU placement test		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>	<i>14</i>	<i>Total</i>	<i>15</i>
<b>Year Two</b>			
<b>BMS 251 Anatomy &amp; Physiology II<sup>3</sup></b>	4	<b>MOV 304 Introduction to Exercise Physiology<sup>4</sup></b>	3
Prerequisite: BMS 208 and two semesters of CHM		Prerequisite: BMS 251	
EXS 220 Ex Instruction & Leadership	3	EXS 200 Psychosocial Aspects of Physical Activity and Exercise	3
Prerequisite: EXS 195		Prerequisite: PSY 101	
STA 215 Introductory Applied Statistics (Gen Ed Math)	3	EXS 209 Research Methods in Ex & Health Sciences	3
Prerequisite: MTH 110 or equivalent		Prerequisite: STA 215	
MOV 217 Modern Principles of Athletic Training	2	PH 222 Public Health Concepts <b>[Emphasis]</b>	3
Gen Ed (SBS #2)	3	Gen Ed (U.S. Diversity)	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
<b>Year Three</b>			
<b>EXS 320 Exercise Testing and Prescription<sup>5</sup></b>	3	EXS 370 Exercise & Health Across the Lifespan <b>[Emphasis]</b>	3
Prerequisite: MOV 304; EXS 321 is a co-requisite		Prerequisite: MOV 304	
<b>EXS 321 Exercise Testing Lab<sup>5</sup></b>	2	MOV 310 Motor Skill Development <b>[Emphasis]</b>	3
Prerequisite: MOV 304; EXS 320 is a co-requisite		Emphasis Elective # 2	3
EXS 330 Phys. Act. & Pub Health - <b>[Emphasis - Fall only]</b>	3	Gen Ed (Phil & Lit)	3
Prerequisite: MOV 304		Issues #1	
MOV 300 Kinesiology	3	Prerequisite: Junior Standing and WRT 150	3
Prerequisite: BMS 250			
Gen Ed (Global Perspectives)	3		
Emphasis Elective # 1	3		
<i>Total</i>	<i>17</i>	<i>Total</i>	<i>15</i>
<b>Year Four</b>			
EXS 470 Exercise for Special Populations <sup>6</sup>	3	<b>EXS 490 Internship in Exercise Science<sup>8</sup></b>	6
Prerequisite: EXS 320 and EXS 321		Prerequisite: EXS 470 and senior standing	
EXS 465 Cardiopulmonary Rehabilitation <b>[Emphasis]</b>	3	EXS 495 Professionalism in Exercise Science <sup>7</sup> (SWS #1)	3
Prerequisite: MOV 304		Prerequisite: EXS 320 and WRT 150	
Emphasis Elective # 3	2	Gen Ed (Art)	3
Issues #2		SWS # 2	3
Prerequisite: Junior Standing and WRT 150	3		
Gen Ed (Historical Perspectives)	3		
<i>Total</i>	<i>17</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.**

### 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>)