

EXERCISE SCIENCE – BS – CLINICAL EXERCISE EMPHASIS

AVAILABLE FOR STUDENTS ON CURRICULUM YEARS PRIOR TO FALL 2023 ONLY

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			
² BIO 120 – General Biology I (Gen Ed - Life Sciences)	4	² BMS 250 – Anatomy & Physiology I Prerequisite: BIO 120	4
² CHM 109 – Introductory Chemistry (Gen Ed - Physical Sciences)	4	² CHM 231 – Introductory Org Chem (or CHM 230) Prerequisite: CHM 109 or CHM 116	4
¹ MTH 110 – Algebra Prerequisite: MTH 097 or GVSU placement test	4	¹ WRT 150 – Strategies in Writing (Gen Ed - Writing)	4
MOV 101 – Foundations of Human Movement Science	3	PSY 101 – Introductory Psychology (Gen Ed – Social & Behavioral Sciences #1)	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Two			
² BMS 251 – Anatomy & Physiology II Prerequisite: BMS 250	4	² MOV 304 – Introduction to Exercise Physiology Prerequisite: BMS 251	3
CHM 232 – Biological Chemistry Prerequisite: CHM 231	4	PHY 200 – Physics for the Life Sciences Prerequisite: MTH 110	4
STA 215 – Introductory Applied Statistics (Gen Ed - Mathematical Sciences) Prerequisite: MTH 110 or equivalent	3	ATH 217 – Modern Principles of Athletic Training	2
BMS 105 – Basic Nutrition	3	EXS 209 – Research Methods in Exercise & Health Sciences Prerequisite: STA 215	3
Free Elective	1	MOV 300 – Kinesiology Prerequisite: BMS 250	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
Year Three			
² EXS 320 Exercise Testing & Prescription Prerequisite: MOV 304; EXS 321 is a co-requisite	3	² EXS 390 – Fieldwork in Exercise Science Prerequisite: EXS 320/321	2
² EXS 321 Exercise Testing Lab Prerequisite: MOV 304; EXS 320 is a co-requisite	1	EXS 470 – Exercise for Special Populations Prerequisite: EXS 320/321	3
³ Major Elective # 1 – BIO 328 (SWS#1/Issues#1)	3	³ Major Elective # 2	3
Gen Ed – Philosophy & Literature	3	Gen Ed – US Diversity	3
PSY 310 – Behavior Modification Prerequisite: PSY 101	3	EXS 465 - Cardiopulmonary Rehab Prerequisite: EXS 320/321	3
Gen Ed – Historical Analysis	3		
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>14</i>
Year Four			
² EXS 420 – Laboratory Practicum in Exercise Science Prerequisite: EXS 390	3	² EXS 490 – Internship in Exercise Science Prerequisite: EXS 320/321, Senior standing	6-9
³ Major Elective # 3	3	Gen Ed – Global Perspectives	3
EXS 495 – Professionalism in Exercise Science (SWS #2) Prerequisite: EXS 320/321, Senior standing	3	Gen Ed – Arts	3
Gen Ed – Social & Behavioral Sciences #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.

¹Students who place into preparatory levels of Math or Writing will take a two-semester version of this requirement | MTH 108 & MTH 109 | WRT 120 & 130²Courses **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 completed³Options for Major Electives: BIO 328, BIO 355, BMS 375, EXS 360, MOV 310, MOV 350, PSY 364, STA 345

NOTE: If you do not plan to attend PA school, you may take CHM 230 in place of CHM 231 & CHM 232

Graduation Requirements

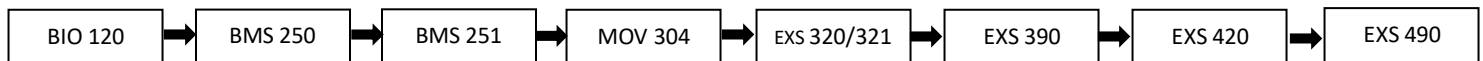
- Earn 120 credit hours at minimum of 2.0 GPA – 58 credit hours at 4-yr institution and last 30 credit hours at GVSU
- Complete all components of the General Education program, including two Issues courses
- Complete two supplemental writing skills (SWS) courses after WRT 150 with minimum C grade
- For more information, visit the CLAS Academic Advising Center – MAK C-1-140 (<http://www.gvsu.edu/clasadvising>)

General Education Overlap

General Education Categories fulfilled by the Major:	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101*
Life Sciences: BIO 120*	Social and Behavioral Sciences & US Diversity: SOC 286
Issues: BIO 328, MOV 350, STA 345 (If selected as Major Electives)	

*PSY 101 and BIO 120 are prerequisites to courses that are required in the major

Prerequisite Sequences in the Major



Declaring the Exercise Science Major with Health Fitness Instruction 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 Fitness Instruction”
5. Click “Submit” and then “Change to New Program”

This major can cover the prerequisite courses for the for Doctorate of Physical Therapy (at GVSU)

Course	General Education	Major	Free Elective
BIO 120	✓	✓	
BMS 250 & 251		✓	
2 CHM courses w/Lab	✓ CHM 109	✓ CHM 109 & CHM 230	
MOV 304		✓	
*MTH 122 & MTH 123			✓
PHY 220 & PHY 221		✓ PHY 220 subs for PHY 200	
PSY 101	✓	✓	
PSY 364		EXS major elective	
SOC 101 or SOC 105 or ANT 204	✓		
STA 215	✓	✓	

*MTH 123 is pre-req for PHY 220 and PHY 221

This major can cover the prerequisite courses for the for Physician Assistant Studies (at GVSU)

Course	General Education	Major	Free Elective
BIO 120	✓	✓	
CHM 109 (Or CHM 115/116)		✓	
CHM 231		✓	
CHM 232		✓	
BIO 355 or BIO 375		✓ EXS major elective	
BMS 250 & 251		✓	
PHY 200		✓	
PSY 101	✓	✓	
PSY 364		✓ EXS major elective	
BMS 212 & 213			✓
STA 215	✓	✓	