

EXERCISE SCIENCE – BS – HEALTH-FITNESS INSTRUCTION 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
¹ WRT 150 – Strategies in Writing (Gen Ed - Writing)	4	PSY 101 – Introductory Psychology (Gen Ed – Social & Behavioral Sciences #1)	3
MOV 101 – Foundations of Human Movement	3	BMS 105 – Basic Nutrition Gen Ed – Arts	3 3
¹ MTH 110 – Algebra Prerequisite: GVSU placement test	4	Gen Ed – Historical Analysis	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>16</i>
Year Two			
² BMS 251 – Anatomy & Physiology II Prerequisite: BMS 250	4	² MOV 304 – Introduction to Exercise Physiology Prerequisite: BMS 251	3
STA 215 – Introductory Applied Statistics (Gen Ed – Mathematical Sciences) Prerequisite: MTH 110 or equivalent	3	MOV 300 – Kinesiology Prerequisite: BMS 250	3
PH 222 – Public Health Concepts or BMS 223 – Infectious Human Diseases	3	MOV 201 – Psycho-Social Aspects of Physical Education & Sport	3
ATH 217 – Modern Principles of Athletic Training Gen Ed – Philosophy & Literature	2 3	EXS 209 – Research Methods in Exercise and Health Sciences Prerequisite: STA 215	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	PSY 364 – Lifespan Developmental Psychology Prerequisite: PSY 101	3
MOV 310 – Motor Skill Development	3	Gen Ed – Physical Sciences (no lab)	3
SOC 252 – Sociology of Drug Use & Abuse	3	SOC 286 – Health and Society (Gen Ed – US Diversity and Social Behavioral Sciences #2)	3
PSY 310 – Behavior Modification Prerequisite: PSY 101	3	³ Major Elective #1	3
Issue Course #1/SWS #1 Prerequisite: WRT 150 & Junior standing	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
EXS 470 – Exercise for Special Populations Prerequisite: EXS 320/321	3	Issue Course #2 or Free Elective	3
Gen Ed – Global Perspectives	3	Free Elective – if needed	3
³ Major Elective #2	3		
EXS 495 – Professionalism in Exercise Science (SWS #2) Prerequisite: EXS320/321, Senior Standing	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 350, STA 345For additional degree-specific information, consult your Exercise Science faculty advisor or go online at: <http://www.gvsu.edu/exercisescience>

Graduation Requirements

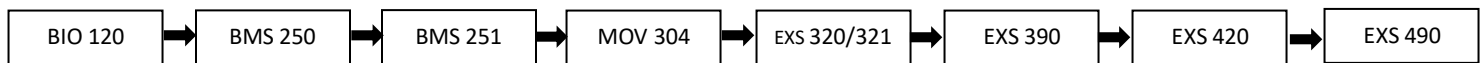
- Earn 120 credit hours at minimum of 2.0 GPA – 58 credit hours at 4-yr institution and last 30 credit hours at GVSU
- Complete all components of the General Education program, including two Issues courses
- Complete two supplemental writing skills (SWS) courses after WRT 150 with minimum C grade
- For 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 Master’s in Occupational Therapy (at GVSU)

Course	General Education	Major
BMS 250 & 251		✓
STA 215	✓	✓
MOV 300		✓
PSY 330 or PSY 431 or BMS 427		EXS major elective with advisor approval
PSY 303		EXS major elective with advisor approval
PSY 364		✓
1 elective in PSY, SOC, ANT	✓ SOC 286	✓ PSY 310, SOC 286, SOC 252