

**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**

<b>Year One</b>			
<sup>2</sup> BIO 120 - General Biology I (Gen Ed - Life Sciences)	4	<sup>2</sup> BMS 250 - Anatomy & Physiology I Prerequisite: BIO 120	4
<sup>1</sup> WRT 150 - Strategies in Writing (Gen Ed - Writing)	4	CHM 109 – Introductory Chemistry (Gen Ed - Physical Sciences)	4
EXS 195 -Introduction to Exercise Science	3	BMS 105 – Basic Nutrition	3
<sup>1</sup> MTH 110 - Algebra Prerequisite: MTH 097 or GVSU placement test	4	PSY 101 - Introductory Psychology (Gen Ed – Social & Behavioral Sciences #1)	3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>14</i>
<b>Year Two</b>			
<sup>2</sup> BMS 251 Anatomy & Physiology II Prerequisite: BMS 250	4	<sup>2</sup> MOV 304 - Introduction to Exercise Physiology 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 – Mathematical Sciences) Prerequisite: MTH 110 or equivalent	3	EXS 209 - Research Methods in Exercise & Health Sciences Prerequisite: STA 215	3
ATH 217- Modern Principles of Athletic Training Gen Ed – Social & Behavioral Sciences #2	2 3	PH 222 - Public Health Concepts [Emphasis] Gen Ed - US Diversity	3 3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
<b>Year Three</b>			
<b>EXS 320 - Exercise Testing &amp; Prescription</b> Prerequisite: MOV 304; EXS 321 is a co-requisite	3	EXS 370 - Exercise & Health Across the Lifespan [Emphasis] Prerequisite: MOV 304	3
<b>EXS 321 - Exercise Testing Lab (In future will be EXS 322 – 2 cr)</b> Prerequisite: MOV 304; EXS 320 is a co-requisite	1	MOV 310 - Motor Skill Development [Emphasis]	3
<b>EXS 330 - Phys Act &amp; Public Health</b> - [Emphasis - Fall only] Prerequisite: MOV 304	3	<sup>3</sup> Emphasis Elective # 2	3
MOV 300 - Kinesiology Prerequisite: BMS 250	3	Gen Ed - Philosophy & Literature	3
Gen Ed - Arts	3	Issues #1/SWS#1	3
<sup>3</sup> Emphasis Elective #1	2	Prerequisite: Junior Standing and WRT 150	
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
<b>Year Four</b>			
EXS 470 Exercise for Special Populations Prerequisite: EXS 320/321	3	<b>EXS 490 Internship in Exercise Science</b> Prerequisite: EXS 320/321, Senior standing	6-9
EXS 465 Cardiopulmonary Rehabilitation [Emphasis] Prerequisite: EXS 320/321	3	Gen Ed – Global Perspectives	3
EXS 495 Professionalism in Exercise Science (SWS#2) Prerequisite: EXS 320/321, Senior standing	3	Elective if needed	3
<sup>3</sup> Emphasis Elective # 3	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.

<sup>1</sup>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<sup>2</sup>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<sup>3</sup>Options for Major Electives: See list on back

**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>)

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.

**Emphasis Elective Choices – Must choose 8 credits**

- BMS 427 – Neuroanatomy (1 credit)
- EXS 360 – Strength & Conditioning Athletic Performance (3 credits)
- EXS 390 – Fieldwork in Exercise Science (2 credits)
- EXS 404 – Advanced Exercise Physiology (3 credits)
- PSY 303 – Psychopathology (3 credits)
- PSY 310 – Behavior Modification (3 credits)
- PSY 330 – Foundations of Behavioral Neuroscience (3 credits)
- PSY 364 – Life Span Developmental Psychology (3 credits)
- PSY 367 – Health Psychology (3 credits)
- PSY 431 – Intro to Neuropsychology (3 credits)

**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”

**General Education Overlap**

<b>General Education Categories fulfilled by the Major:</b>	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101*
Life Sciences: BIO 120*	Physical Sciences: CHM 109
Issues: PSY 367 (If selected as Major Electives)	