COLLEGE OF
ALLIED HEALTH & NURSING
MINNESOTA STATE UNIVERSITY MANKATO

My MavPlan

Name: Sample Plan '18-'19 **Date Revised:** 04/27/2021

Major(s): Exercise Science General Track **Minor(s):** Not Required

This document is only to be used as an advising tool to help with planning graduation in an appropriate timeline. Please refer to your college catalog for most accurate information regarding requirements for general education, graduation, and your degree. Always consult with your advisor.

General Education & Graduation Checklist

Course Prefix & #
Check if Completed or In Progress

Course Prefix & #		Course Prefix & #	
ENG 101	Goal Area 1A ☐		Goal Area 8 ☐
	Goal Area1B ☐	IT/CIS 100	Goal Area 9 ☐
	Goal Area 2 ☐		Goal Area 10 ☐
CHEM 111	Goal Area 3 (w/Lab) ☐	HLTH 210	Goal Area 11 ☐
			Goal Area 12 (0-1 credit; optional) ☐
FCS 140	Goal Area 3* ☐	IT 100	Goal Area 13 (0-2 credits; optional) ☐
MATH 112	Goal Area 4 ☐		44 cr. from Goals 1-13 ☐
	Goal Area 5* ☐	HP 3/403W	Writing Intensive ☐
	Goal Area 5* ☐		Writing Intensive ☐
	Goal Area 6* ☐		Diverse Culture** ☐
	Goal Area 6* ☐		Diverse Culture** ☐
	Goal Area 7 ☐		120 credits total ☐
			40 cr. at 3/400 level ☐

*Complete this goal area with 2 courses from 2 different disciplines, 6 or more credits
**Need: either 1 purple & 1 gold OR 2 purples

Additional Advising Notes:

If a student wishes to have a sub. for CHEM 111, they must take both CHEM 201 and 202

In order to take upper level courses (3/400), you must apply and be accepted into the major

Admissions Reqs. (pg 150 of '18-'19 college catalog): 32 credits, cum. GPA 2.75, minimum C- in: BIOL 220, CHEM 111 or 201, MATH 112 or 115 and completed or currently enrolled in: [General Track: HP 291 & HP 160] or [Pre-PT Track: HP 265]

Deadlines for applications are Oct. 1st and March 1st

For Major Unrestricted electives---they may not be double counted for courses required in the emphasis

See page 150 in college catalog for restricted and unrestricted electives required of the major (need 2 credits of major restricted; need 6 credits of major unrestricted)

Need min. 3 cr. of internship (refer to page 151 in college catalog for more info.)

Year Of:					
Fall		**Spring**		**Summer**	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
ENG 101 Composition	4	BIOL 220 Human Anatomy	4		
IT/CIS 100 Intro. to Computing & App.	4	HP 160 Intro. to HP	2		
FCS 140 Foundations of Nutrition	3	GE 1B Elective	3		
MATH 112 College Algebra	4	GE 5 Elective	3		
		GE 6 Elective	3		
				Total Semester Credits	
Total Semester Credits		**Total Semester Credits**			

Year Of:					
Fall		**Spring**		**Summer**	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
Major Restricted Elective	1	BIOL 330 Human Physiology [BIOL 220 & CHEM]	4		
CHEM 111 Chemistry of Life...	5	HP 291 Concepts of Fitness	2		
HP 290 Psycho-Social Aspects of Sport [SOCI 101]	3	HLTH 210 First Aid & CPR	3		
GE 5 Elective	3	GE 7 Elective	3		
GE 6 Elective	3	GE 8 Elective	3		
		Apply to the major		**Total Semester Credits**	
Total Semester Credits		**Total Semester Credits**			

Year Of:					
Fall		**Spring**		**Summer**	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
HP 363/348 [BIOL 220]	3	HP 431/456 [HP 363]	2		
HP 314/414 Phys. of Ex...[BIOL 330]	3	HP 466 Graded Ex. Testing...[HP 3/414]	3		
HP 392 Group Exercise Instruction (fa)	3	Major Restricted Elective	1		
GE 10 Elective	3	Unrestricted Elective	3		
Diverse Cultures Course	3-4	HP/HLTH 477 Behavior Change Strategies [HP 290]	3		
		Diverse Cultures Course	3-4		
		Apply for Graduation		**Total Semester Credits**	
Total Semester Credits		**Total Semester Credits**			

Year Of:					
Fall		**Spring**		**Summer**	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
HP 439 Sport Nutrition [HP 3/414]	3	Unrestricted Elective	3		
HP 465 Legal Aspects of Sport	3	HP 315W/403W (sp)	3		
HP 486 [HP 363/466]	3	HP 487 Applied Ex...[HP 314/414]	3		
Writing Intensive Course	3-4	HP 496 Internship [HP 3/414]	3-10		
Elective	3-4	Elective	3-4		
				Total Semester Credits	
Total Semester Credits		**Total Semester Credits**			

(fa)=only offered in fall; (sp)=only offered in spring; (v)=varied when offered or on demand; [ ]= course has a pre-req. refer to catalog or the information provided in brackets

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