COLLEGE OF
ALLIED HEALTH & NURSING
MINNESOTA STATE UNIVERSITY MANKATO

My MavPlan

Name: Sample Plan '20-21 **Date Revised:** 05/20/2021

Major(s): Exercise Science General Emphasis **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 ☐	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* ☐		Goal Area 13 (0-2 credits; optional) ☐
MATH 112	Goal Area 4 ☐		44 cr. from Goals 1-13 ☐
	Goal Area 5* ☐	HP 315/403W	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:

Admissions Requirements: Refer to Academic Catalog; Major Unrestricted Electives may not be double-counted for courses required in the Emphasis, refer to the catalog for a full list

-Deadlines for applications are Oct. 1st and March 1st, refer to department website for application

IT 101 is a standardly used substitute for IT 100 /CIS (IT 101 does NOT count for goal area 9)

Year Of: 2020-2021

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
ENG 101 Composition	4	BIOL 220 Human Anatomy	4		
CIS 100 Intro. to Computing and 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		
		HP 291 Concepts of Fitness	2		
		Major Restricted Elective	1		
				Total Semester Credits	
Total Semester Credits	15	**Total Semester Credits**	15		

Year Of: 2021-2022

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	GE 6 Elective	3		
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	15	**Total Semester Credits**	16		

Year Of: 2022-2023

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)	2	HP/HLTH 477 Behavior Change Strategies	3		
GE 10 Elective	3	Unrestricted Elective	3		
Diverse Cultures Course	3	Diverse Cultures Course	3		
		‡ Apply for Graduation ‡		**Total Semester Credits**	
Total Semester Credits	14	**Total Semester Credits**	14		

Year Of: 2023-2024

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
HP 439 Sport Nutrition [HP 3/414]	3	HP 315W/403W Research (sp)	3		
HP 465 Legal Aspects of Sport	3	HP 487 Applied Ex...[HP 3/414]	4		
HP 486 Sm. Group.. [HP 363, 466]	3	Unrestricted Elective	3		
Writing Intensive Course	3	Elective	3		
Unrestricted Elective	3	Elective	3		
				Total Semester Credits	
Total Semester Credits	15	**Total Semester Credits**	16		

(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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