All Students Must Apply to the Program through a Competitive Application Process

You Must Choose One of the Two Emphases Below

Major Common Core:
The following courses are required for all students in the B.S. Exercise Science major. Students may take HP 466W instead of HP 466 when offered.

- BIOL 220 Human Anatomy 4
- BIOL 330 Principles of Human Physiology 4
- HP 348 Structural Kinesiology and Biomechanics 4
- HP 414 Physiology of Exercise 3
- HP 439 Nutrition for Physical Activity and Sport 3
- HP 456 Legal Aspects of Physical Education and Sport 3
- HP 466 Graded Exercise Testing and Exercise Prescription 3

Major Emphasis: General Exercise Science

**Required General Education**

- CHEM 111 Chemistry of Life Process Part II (Organic & Biochemistry) 5
- ENG 101 Composition 4
- FCS 140 Introduction to Nutrition 3
- HLTH 210 First Aid & CPR 3
- IT 100 Introduction to Computing and Applications 4
- MATH 112 College Algebra 4

**General Exercise Science Core**

Students may take HP 403W instead of HP 403 when offered.

- HP 160 Introduction to Human Performance Studies 2
- HP 290 Psycho-Social Aspects of Sport 3
- HP 291 Concepts of Fitness 2
- HP 392 Group Exercise Instruction 3
- HP 403 Measurement & Evaluation in Human Performance 3
- HP 477 Behavior Change Strategies and Foundations 3
- HP 486 Small Group Personal Training 3
- HP 487* Applied Exercise Science 3

**General Exercise Science Capstone**

Choose 3 - 10 Credit(s).

The General Exercise Science emphasis requires a minimum of 3 credits of HP 496 which can be split across semesters. One credit = 50 hours. *You must register for HP 487 Applied Exercise Science in the same semester you are registered for internship credits.

- HP 496 Internship 1-10

Major Emphasis: Pre-Physical Therapy

**Required General Education**

- BIOL 105 General Biology I 4
- CHEM 201 General Chemistry I 5
- ENG 101 Composition 4
- IT 100 Introduction to Computing and Applications 4
- MATH 115 Pre-calculus Mathematics 4
- PHYS 211 Principles of Physics I 4
- PSYC 101 Introduction to Psychological Science 4
- STAT 154 Elementary Statistics 3

**Pre-PT Core**

- BIOL 106 General Biology I 4
- CHEM 202 General Chemistry II 5
- HLTH 321 Medical Terminology 3
- HP 265 Orientation to Occupational and Physical Therapy 2
- PHYS 212 Principles of Physics II 4
- PSYC 433 Child Psychology 4
- PSYC 436 Adolescent Psychology 4
- PSYC 455 Abnormal Psychology 4
- PSYC 466 Psychology of Aging 4

**Pre-PT Capstone**

Choose 3 - 10 Credit(s).

The Pre-Physical Therapy emphasis requires a minimum of 3 credits of HP 496 which can be split across semesters. One credit = 50 hours. Students commonly use physical therapy observation hours to fulfill the internship requirement.

- HP 496 Internship 1-10

3/26/2015 Last Revised
B.S. Exercise Science (120 Credits)     Program Coordinator, Dr. Robert Pettitt, 507-389-1811

All Students Must Apply to the Program through a Competitive Application Process

**Major Restricted Electives:**
Both the General Exercise Science and Pre-PT Emphases must select 2 credits from the list below.

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**Major Unrestricted Electives:**
The Pre-Physical Therapy emphasis requires 3 credits. The General Exercise Science emphasis requires 6 credits. Electives may not be double counted for courses required in the emphases.

- HP 340 Prevention and Care 2 HLTH 210; BIOL 220
- HP 413 Lifespan Motor Development 1
- HP 415 Advanced Sports Medicine 2 HP 340; Spring & Summer Only
- HP 418 Intercultural Competence for Allied Health Professionals 3 Spring Only; Study Abroad Required
- HP 421 Teaching Sport to Individuals with Disabilities 2
- HP 451 Principles of Coaching 3
- HP 467 Worksite Wellness Program Development 3 HP 414
- HP 470 Psychology of Coaching 3 PSYC 101
- HP 472 Psychology of Sport and Athletic Injury 3
- BIOL 320 Cell Biology 4 BIOL 105 and 106; BIOL 211
- BIOL 324 Neurobiology 3 BIOL 220; CHEM > 100; BIOL 330
- BIOL 380 Blood Banking/Urinalysis 3 BIOL 220; CHEM > 100; BIOL 330
- BIOL 417 Biology of Aging and Chronic Diseases 3 BIOL 100 or BIOL 105
- BIOL 433 Cardiovascular Physiology 3 BIOL 220; CHEM > 100; BIOL 330
- BIOL 466 Principles of Pharmacology 3 BIOL 105; BIOL 106; BIOL 330; 1 Year General
- BIOL 474 Immunology 4 BIOL 105; BIOL 106; BIOL 270
- CHEM 360 Principles of Biochemistry 4 “C” in CHEM 320
- FCS 440 Nutrition II 3 FCS 140
- FCS 446 Lifespan Nutrition 3 FCS 140
- HLTH 210 First Aid & CPR 3
- HLTH 321 Medical Terminology 3
- HLTH 451 Emotional Health and Stress 3
- HLTH 455 Health and Aging 3
- PSYC 433 Child Psychology 4 PSYC 101
- PSYC 436 Adolescent Psychology 4
- PSYC 455 Abnormal Psychology 4 8 PSYC Credits
- PSYC 460 Psychology of Women 3 PSYC 101
- PSYC 466 Psychology of Aging 4 PSYC 101