

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**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	Athletic Testing and Conditioning	3
HP 465	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
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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
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Major Restricted Electives:

Both the General Exercise Science and Pre-PT Emphases must select 2 credits from the list below.

HP 103	HP 104	HP 105	HP 107	HP 114	HP 117
HP 130	HP 138	HP 139	HP 143	HP 145	HP 146
HP 147	HP 148	HP 149	HP 150	HP 152	HP 153
HP 154	HP 155	HP 156	HP 157	HP 158	HP 159
HP 160	HP 161	HP 166	HP 174	HP 175	HP 176
HP 177	HP 178	HP 179			

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.

			<u>Pre-Requisite(s)</u>
HP 340	Prevention and Care	2	HLTH 210; BIOL 220
HP 413	Lifespan Motor Development	1-2	
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