

Exercise Science (120 credit program)

Required Non-Departmental Courses

Dr. Cherie Pettitt, Coordinator 507-389-6715

****New** All students must apply to the program. It is a competitive application.**

Dept	Num	Class		Prerequisite	Gen. Ed.
IT	100	Intro. to Computers and Applications	4	None	Area 9
MATH	112	College Algebra OR	4	Math ACT subscore of 22 or qualifying Accuplacer	Area 4
MATH	113	Trigonometry OR [Take 1 of these]	3	Math ACT subscore of 22 or qualifying Accuplacer	Area 4
MATH	115	Precalculus Math	4	Math ACT subscore of 22 or qualifying Accuplacer	Area 4
CHEM	111	Chemistry of Life Processes OR	5	HS CHEM OR CHEM 106 (3)	Area 2,3
CHEM	201	General Chemistry I (Pre-PT)	5		Area 2,3
BIOL	220	Human Anatomy	4	None	
BIOL	330	Human Physiology	4	BIOL 220, CHEM > 100	

Required Physical Activity Classes (4 credits from the following)

Dept	Num	Class		Prerequisite	Gen. Ed.
HP	166	Team games	1	None	Area 11
HP	174	Individual/dual activities	1	None	Area 11
HP	175	Fitness activities	1	None	Area 11
HP	176	Lifetime Activities I	1	None	Area 11
HP	177	Lifetime Activities II	1	None	Area 11
HP	178	Social, Folk & Square Dance	1	None	Area 11
HP	182	Aquatic Skills	1	None	Area 11

Required Human Performance Department Courses (16 credits)

Dept	Num	Class		Prerequisite
HP	160	Intro. to Human Performance OR	2	None
HP	265	Orientation to Occupational/Physical Therapy	2	None
HP	290	Psycho-social Aspects of Sport	3	None
HP	291	Concepts of Fitness	2	None
HP	348	Structural Kinesiology & Biomechanics	3	BIOL 220
HP	403	Measurement and Evaluation	3	None (Note ± STAT 154 may substitute for this class, Area 4)
HP	414	Physiology of Exercise	3	BIOL 220, CHEM > 100, BIOL 330

Please Note: Students Must Choose either the General Tract OR **the Personal Training Tract**

Major Emphasis: General Tract (17 credits)

Dept	Num	Class		Prerequisite
HP	439	Nutrition in Activity & Sports	3	HP 414
HP	456	Athletic Testing & Conditioning	2	HP 414
HP	465	Legal Aspects of Sports	3	None
HP	466	Graded Exercise Testing & Exercise Prescription	3	HP 414
HP	496	Internship	6	HP 414 – Students may split credits across semesters

Major Emphasis: Personal Training Tract (17 credits)

Dept	Num	Class		Prerequisite
HP	439	Nutrition in Activity & Sport	3	HP 414
HP	456	Athletic Testing & Conditioning	2	HP 414
HP	465	Legal Aspects of Sports	3	None
HP	466	Graded Exercise Testing & Exercise Prescription	3	HP 414
HP	486	Small Group Personal Training	3	HP 414; HP 466
HP	496	Internship	3	HP 414 – Students may split credits across semesters

Please note: If an internship is done over summer sessions, students must register in that session for at least 1 credit. The remainder of credits can be taken in another semester as long as work is completed at a satisfactory level (please consult advisor for details).

Required Electives (15 credits): Students may choose classes from the list below. Please consult with advisor for possible substitutions.

Dept	Num	Class		Prerequisite
HP	292	Group Exercise Instruction	2	
HP	340	Prevention and Care of Injuries	2	HLTH 210, BIOL 220
HP	341	Athletic Training Techniques	3	Athletic Training majors only!
HP	413	Lifespan Motor Development	2	
HP	415	Advanced Sports Medicine	2	
HP	418	Intercultural Competence for Allied Health Professionals	3	Spring only; study abroad required!
HP	421	Teaching Sports to People with Disabilities	2	
HP	440	Medical Aspects of Athletic Training	2	Athletic Training majors only!
HP	441	Organ. & Admin. Of PE and Sports	3	
HP	451	Principles of Coaching	3	
HP	467	Worksite Wellness	3	Fall only; HP 414
HP	470	Psychology of Coaching	3	PSYCH 101
HP	472	Psychology of Sport and Athletic Injury	3	
BIOL	320	Cell Biology	3	BIL 105 and BIOL 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/ Chronic Disease	3	BIOL 100 or BIOL 105
BIOL	433	Cardiovascular Physiology	3	BIOL 220, CHEM > 100, BIOL 330
BIOL	438	General Endocrinology	3	BIOL 100 or BIOL 105
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	320	Organic Chemistry I	5	"C" in CHEM 202
CHEM	321	Organic Chemistry II	3	"C" in CHEM 320
CHEM	360	Principles of Biochemistry	4	"C" in CHEM 320
HLTH	210	First Aid & CPR	3	None
HLTH	321	Medical Terminology	3	None
HLTH	451	Emotional Stress and Health	3	None
HLTH	455	Health and Aging	3	None
PSYC	433	Child Psychology	4	PSYCH 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	3	PSYC 101

Please note: "C" means a student must earn a grade of C or better in the course specified

Other General Education Classes that Support the ES Major: BIOL 100 or 105, FCS 140 (Area 3), PSYC 101, SOC101 (Area 5)