COLLEGE OF
ALLIED HEALTH & NURSING
MINNESOTA STATE UNIVERSITY MANKATO

My MavPlan

Name: Sample Plan '24-25 **Date Revised:** 5/13/2024

Major(s): Exercise Science Practitioner 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

ENG 101	Goal Area 1A	☑	SOC 101~	Goal Area 8	☑
	Goal Area1B	☐	CIS 100	Goal Area 9	☑
PHYS 211	Goal Area 2	☑		Goal Area 10	☐
CHEM 201	Goal Area 3* (w/Lab)	☑	Restricted Electives	Goal Area 11	☑
				Goal Area 12 (0-1 credit; optional)	☐
PHYS 211	Goal Area 3*	☑		Goal Area 13 (0-2 credits; optional)	☐
MATH 115	Goal Area 4	☑		44 cr. from Goals 1-13	☐
PSYC 101	Goal Area 5*	☑	HP 315W	Writing Intensive	☑
SOC 101~	Goal Area 5*	☑		Writing Intensive	☐
	Goal Area 6*	☐	SOC 101~	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. Writing Intensive courses must also come from 2 different disciplines. **Need: either 1 purple & 1 gold OR 2 purples; must come from 2 different disciplines.

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

`HLTH 210 is not required but can be used to obtain First Aid & CPR certification (certification itself is required). Counts as Major Unrestricted Elective

~SOC 101 is not required of the major but most graduate programs require it for admittance

*Course not required of major but can help complete requirements and is required of many graduate programs

-PHYS 101 is not a major requirement but is a prerequisite for PHYS 211 if high school physics has not been completed.

Year Of: 2024-2025

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
ENG 101 Foundations of Writing...	4	BIOL 105 General Biology I	4		
BIOL 201 Anatomy & Physiology I	4	CHEM 201 Gen. Chem I [C in MATH 112 ..]	5		
PSYC 101 Intro. to Psychology	4	STAT 154 Elementary Statistics	4		
MATH 115 Precalculus	4	GE 1B Elective	3		
				Total Semester Credits	
Total Semester Credits	16	**Total Semester Credits**	16		

Year Of: 2025-2026

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
Major Restricted Elective (GE 11)	1	BIOL 202 Anatomy & Physiology II	4		
CHEM 202 General Chemistry II [CHEM 201]	5	CIS 100 Intro. to Computing & Apps.	4		
BIOL 106 General Biology II	4	~SOC 101 (GE5,8, DC)	4		
HP 260 Intro to Exercise Science & Practitioner	3	Major Restricted Elective (GE 11)	1		
GE 6 Elective - also Writing Intensive	3	Goal 6, 7, Diverse Cultures Course	3	‡ Take GRE by end of 3rd year ‡	
‡ Application to Major ‡		‡ Application to Major if still needed‡		**Total Semester Credits**	
Total Semester Credits	16	**Total Semester Credits**	16		

Year Of: 2026-2027

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
PHYS 211 [MATH 115 or MATH 112&113]	4	HTLH 321 Medical Terminology	3		
HP 314 Phys. of Ex...[BIOL 201/202]	3	PHYS 212 Principles of Physics II [PHYS 211]	4		
PSYC 343 Intro. to Dev. Psych	4	PSYC 455 Abnormal Psychology	4		
HP/HLTH 477 Behavior Change Strategies	3	HP 315W Research Methods & Stats in ES	3		
				‡ Apply to Graduate School‡	
				Total Semester Credits	
Total Semester Credits	14	**Total Semester Credits**	14		

Year Of: 2027-2028

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
HP 363 [BIOL 201/202] Science of Strength Training	3	HP 431[HP 363] Biomechanics	3		
HP 439 Sport Nutrition [HP 314]	3	HP 465 Legal Aspects of PE & Sport	3		
HP 466 Graded Ex. Testing...[HP 314]	3	HP 486 Small Group Personal Training	3		
Goal 10 course	3	Unrestricted Elective Course	3		
Unrestricted Elective Course	3	Unrestricted Elective Course	2		
‡ Apply to graduate after registered for spring courses‡				**Total Semester Credits**	
Total Semester Credits	15	**Total Semester Credits**	14		

(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

To be able to type in this document and save, download adobe acrobat reader (free): https://get.adobe.com/reader/