

B.S. Exercise Science (120 Credits)

All Students Must Apply to the Major through a Competitive Application Process (details on back)

Program Coordinator, Jessica Albers, PhD, 507-389-1471

Major Common Core

The following courses are required for all students in the B.S. Exercise Science major.

BIOL 220	Human Anatomy	4	HP 439	Nutrition for PA and Sport	3
BIOL 330	Principles of Human Physiology	4	HP 456	Athletic Testing and Conditioning	2
HP 348	Structural Kinesiology &	3	HP 466	Graded Ex Testing and Prescription	3
HP 414	Physiology of Exercise	3	HP 465	Legal Aspects of PE and Sport	3

Choose one of the two emphases.

Major Emphasis: General Exercise Science

Required General Education

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

General Exercise Science Core

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

Major Restricted Electives

HP 100s	1 credit Physical Activity Course	1
HP 100s	1 credit Physical Activity Course	1

Major Unrestricted Electives

Options are listed on back 6

Capstone

HP 496	Internship	3
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*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 in the same semester you are registered for internship credits.*

Major Emphasis: Pre-Physical Therapy

Required General Education

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

Pre Physical Therapy Core

BIOL 106	General Biology II	4
CHEM 202	General Chemistry II	5
HLTH 321	Medical Terminology	3
HP 265	Orientation to OT & PT	2
PHYS 212	Principles of Physics II	4
PSYC 433	Child Psychology	4
PSYC436	Adolescent Psychology	4
PSYC455	Abnormal Psychology	4
PSYC 466	Psychology of Aging	4

Major Restricted Electives

HP 100s	1 credit Physical Activity Course	1
HP 100s	1 credit Physical Activity Course	1

Major Unrestricted Electives

Options are listed on back 3

Capstone

HP 496	Internship	3
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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.

Major Unrestricted Electives

Electives may not be double counted for courses required in the emphases. They can be double counted for courses in a minor. Check the current bulletin for when these courses are offered and if they require pre-requisite courses.

HP 340	Prevention and Care	2	BIOL 474	Immunology	4
HP 413	Lifespan Motor Development	2	CHEM 360	Principles of Biochemistry	4
HP 415	Advanced Sports Medicine	2	FCS 440	Nutrition II	3
HP 421	Teaching Sport to Individuals with Disabilities	2	FCS 446	Lifespan Nutrition	3
HP 451	Principles of Coaching	3	HLTH 210	First Aid & CPR	3
HP 470	Psychology of Coaching	3	HLTH 321	Medical Terminology	3
HP 472	Psychology of Sport and Athletic Injury	3	HLTH 451	Emotional Health and Stress	3
BIOL 320	Cell Biology	4	HLTH 455	Health and Aging	3
BIOL 324	Neurobiology	3	PSYC 433	Child Psychology	4
BIOL 380	Blood Banking/Urinalysis	3	PSYC 436	Adolescent Psychology	4
BIOL 417	Biology of Aging and Chronic Diseases	3	PSYC 455	Abnormal Psychology	4
BIOL 433	Cardiovascular Physiology	3	PSYC 460	Psychology of Women	3
BIOL 466	Principles of Pharmacology	3	PSYC 466	Psychology of Aging	4

Applying to the Major

Application deadlines are October 1st and February 1st of each year. You will notified of your application status within 3 weeks of the deadline. Apply at <http://ahn.mnsu.edu/hp/undergraduate/exercise.html>

Minimum requirements for application are as follows:

1. Completion of at least 32 credits.
2. A minimum cumulative GPA of 2.75.
3. A minimum grade of C- in BIO 220.
4. A minimum grade of C- in CHEM 111 or CHEM 201.
5. A minimum grade of C in MATH 112 or MATH 115.
6. Completed or currently enrolled in [General Track- HP 291 and HP 160] or [Pre PT- HP 265].

Common Minors for Exercise Science Students

a minor is NOT required for the major

Sports Medicine

HP 160	Intro to HP	2
HP 291	Concepts of Fitness	2
HLTH 210	Advanced First Aid & CPR	3
BIOL 220	Human Anatomy	4
BIOL 330	Human Physiology	4
HLTH 321	Medical Terminology	3
HP 340	Prevention and Care	2
HP 348	Structural Kinesiology & Biomechanics	3
HP 414	Physiology of Exercise	3
HP 415	Advanced Sports Medicine	2

Athletic Coaching

HP 340	Prevention and Care	2
HP 372	Exercise Science for Coaches	3
HP 451	Principles of Coaching	3
HP 462	Sports Administration	3
HP 470	Psychology of Coaching	3
HP 482	Coaching Practicum	1
HLTH 210	First Aid & CPR	3
HP 300s	Sport Theory	1
HP 300s	Sport Theory	1

Psychology

PSYC 101	Intro to Psychological Sciences	4
	17 PSYC credits with at least 8 credits at a 300-400 level	17

Foods and Nutrition Minor

FCS 140	Intro to Nutrition	3
FCS150	Food, Culture, and You	3
FCS 242	Nutrition for Healthcare Professionals	3
FCS 420	Nutrition Assessment	3
FCS 440	Nutrition II	3
FCS 446	Lifespan Nutrition	3
	2 credits of 300-400 level FCS	2