

## B.S. Exercise Science (120 Credits)

### 2020 Academic Catalog

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

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#### **Major Common Core - 28 credits**

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

BIOL 220	Human Anatomy	4	HP 456	Athletic Testing and Conditioning	2
BIOL 330	Principles of Human Physiology	4	HP 465	Legal Aspects of PE and Sport	3
HP 348	Structural Kinesiology &	3	HP 466	Graded Ex Testing and Prescription	3
HP 414	Physiology of Exercise	3	HP 477	Foundations of Behavior Change	3
HP 439	Nutrition for PA and Sport	3			

Choose one of the two emphases.

#### **Major Emphasis: General Exercise Science**

##### ***Required General Education - 23 credits***

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

##### ***General Exercise Science Core - 19 credits***

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	2
HP 403W	Research Methods & Stats in Ex Sci	3
HP 486	Small Group Personal Training	3
HP 487	Applied Exercise Science	4

##### ***Major Restricted Electives - 2 credits***

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

##### ***Major Unrestricted Electives***

Options are listed on back 9

***An Internship is completed within HP 487.***

#### **Major Emphasis: Pre-Physical Therapy**

##### ***Required General Education - 33 credits***

BIOL 105	General Biology I	4
CHEM 201	General Chemistry I	5
CIS 100	Intro to Computing & Applications	4
ENG 101	Composition	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 - 26 credits***

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 343	Intro to Developmental Psychology	4
PSYC455	Abnormal Psychology	4

##### ***Major Restricted Electives - 2 credits***

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

##### ***Major Unrestricted Electives***

Options are listed on back 11

***Observation hours for graduate school can be completed at anytime. And internship can be completed through HP 487 and used as unrestrictive electives.***

### ***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 313	Lifespan Motor Development	2	CHEM 360	Principles of Biochemistry	4
HP 415	Advanced Sports Medicine	2	FCS 440	Nutrition II	3
HP 451	Principles of Coaching	3	FCS 446	Lifespan Nutrition	3
HP 470	Psychology of Coaching	3	HLTH 210	First Aid & CPR	3
BIOL 270	Microbiology	4	HLTH 321	Medical Terminology	3
BIOL 320	Cell Biology	4	HLTH 451	Emotional Health and Stress	3
BIOL 324	Neurobiology	3	HLTH 455	Health and Aging	3
BIOL 380	Blood Banking/Urinalysis	3	PSYC 433	Child Psychology	4
BIOL 417	Biology of Aging and Chronic Diseases	3	PSYC 436	Adolescent Psychology	4
BIOL 424	Developmental Biology	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 Emphasis - HP 160 or HP 265, and HP 291

Pre-PT Emphasis - HP 265

### **Common Minors for Exercise Science Students**

#### **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

#### **Psychology**

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

*a minor is NOT required for the Exercise Science major*

#### **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

#### **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