



## Undergraduate Degree Map for Completion in Four Years

<b>College:</b>	College of Allied Health and Nursing <input type="button" value="v"/>
<b>Department:</b>	Human Performance <input type="button" value="v"/>
<b>Name of Program:</b>	EXERCISE SCIENCE <input type="button" value="v"/>
<b>Degree Designation:</b>	BS <input type="button" value="v"/>
<b>Emphasis/Concentration:</b>	TRACK TWO OPTION <input type="button" value="v"/>
<b>Option:</b>	General Option Emphasis
<b>Version:</b>	1 <input type="button" value="v"/>
<b>Version Explanation:</b>	General Option Emphasis
<b>Type of Program:</b>	Broad Major <input type="button" value="v"/>
<b>Minor Required:</b>	No <input type="button" value="v"/>
<b>Specific Minor (if required):</b>	<input type="text"/>

### Program Description:

The Exercise Science major is recognized by the National Strength and Conditioning Association for successfully meeting established educational criteria in strength and conditioning. It is a broad-based, science-oriented major that prepares students to create effective exercise prescriptions and to oversee exercise programs for normally healthy individuals. An Exercise Science major also prepares students for admission to graduate programs in Exercise Physiology, Cardiac Rehabilitation, Sports Psychology, and related areas. Students who have also completed the pre-physical or pre-occupational therapy concentrations in addition to this major have successfully gained admission to graduate programs in those areas.

### Admission Requirements:

Admission to Program. Admission to the Exercise Science major is selective and not all students who apply will be accepted. Minimum requirements for application are as follows:

1. Minimum overall grade point average to 2.75
2. Completion of BIOL 330 with a grade of "C" or better
3. Successful completion of at least 32 semester credits

### Advising:

You are expected to meet with your advisor on a regular basis to ensure courses are taken in an order that will lead to successful completion of the degree.

A complete listing of program faculty, policies, and course descriptions is available in the undergraduate bulletin.

<i>Designator:</i>	<i>Course:</i>	<i>Course Name:</i>	<i>Credits:</i>	<i>Milestones:</i>
				Overall GPA $\geq$ 2.0 Course Completion Rate $\geq$ 67% Completion of $\geq$ 15 credit hours
IT	100	Intro Computer Applic (GE-9)	4	
MATH	112	College Algebra (GE-4)	4	
FCS	140	Fund of Nutr	3	
ENG	101	Composition (GE-1A)	4	

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**Term 1 Notes:**

MATH 112 is minimum; however, students may take any higher level course instead of MATH 112.

### TERM 2 - SPRING

<i>Designator:</i>	<i>Course:</i>	<i>Course Name:</i>	<i>Credits:</i>	<i>Milestones:</i>
				Overall GPA $\geq$ 2.0 Course Completion Rate $\geq$ 67% Completion of $\geq$ 30 credit hours Advance to Sophomore status
BIOL	220	Human Anatomy	4	
HP	160	Intro to Human Performance	2	
		GE-1 Comm elective	3	
		GE-5 elective		
		GE-6 elective (Writing Intensive)		

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**Term 2 Notes:**

### TERM 3 - FALL

<i>Designator:</i>	<i>Course:</i>	<i>Course Name:</i>	<i>Credits:</i>	<i>Milestones:</i>
				Overall GPA $\geq$ 2.0 Course Completion Rate $\geq$ 67%
CHEM	111	Chem of Allied Health Sci	5	
HP	290	Psych-social Aspect of Sport	3	
		GE-5 elective	3	
		GE-6 elective	3	
		GE-11 elective	1	Must be an HP course

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**Term 3 Notes:**

CHEM 111 is minimum; however, student may take CHEM 201 instead of CHEM 111

### TERM 4 - SPRING

<i>Designator:</i>	<i>Course:</i>	<i>Course Name:</i>	<i>Credits:</i>	<i>Milestones:</i>
				Overall GPA $\geq$ 2.0 Course Completion Rate $\geq$ 67% Completion of $\geq$ 60 credit hours Advance to Junior status
BIOL	330	Human Physiology	4	Must achieve a C or higher
HP	291	Concepts of Fitness	2	
HLTH	210	First Aid & CPR	3	
		GE-7 elective (Diverse Cultures)	3	
		GE-8 elective (Writing Intensive)	3	

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**Term 4 Notes:**

Submit application for provisional admission for upper division permission to register for up coming Fall semester with the Department of Human Performance (Office: HC 1400, Homepage: <http://ahn.mnsu.edu/hp/undergraduate/exercise.html>)

### TERM 5 - FALL

<i>Designator:</i>	<i>Course:</i>	<i>Course Name:</i>	<i>Credits:</i>	<i>Milestones:</i>
				Overall GPA $\geq$ 2.0 Course Completion Rate $\geq$ 67% Apply for Graduation
HP	348	Structural Kinesiology and Biomechanics	3	
HP	414	Physiology of Exercise	3	
HP	477	Behavior Aspects of Physical Activity	3	
		GE-9 elective	3	
		GE-10 elective	3	

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**Term 5 Notes:**

Submit application for acceptance to the exercise science program and permission to register for up coming Spring semester with the Department of Human Performance (Office: HC 1400, Homepage: <http://ahn.mnsu.edu/hp/undergraduate/exercise.html>)

### TERM 6 - SPRING

<i>Designator:</i>	<i>Course:</i>	<i>Course Name:</i>	<i>Credits:</i>	<i>Milestones:</i>
				Overall GPA $\geq$ 2.0 Course Completion Rate $\geq$ 67% Completion of $\geq$ 90 credit hours Advance to Senior status
HP	392	Group Exercise Instruction	3	
HP	466	Graded Exercise Testing and Prescription	3	
HP	456	Athletic Testing and Conditioning	2	
		Exercise Science Unrestricted Elective	3	Must be 300 or 400 level
		Elective (diverse culture if needed)	4	

Insert item

**Term 6 Notes:**

### TERM 7 - FALL

Designator:	Course:	Course Name:	Credits:	Milestones:
				Overall GPA $\geq$ 2.0 Course Completion Rate $\geq$ 67%
HP	403	Research Methods and Statistics in Exerc Sci	3	
HP	439	Nutrition for Physical Activity and Sport	3	
HP	486	Group Personal Training	3	
HP	487	Applied Exercise Science	3	
		Elective	3	

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#### Term 7 Notes:

Students may take FCS 439 instead of HP 439. Apply for graduation.

### TERM 8 - SPRING

Designator:	Course:	Course Name:	Credits:	Milestones:
				Overall GPA $\geq$ 2.0 Course Completion Rate $\geq$ 67%
HP	465	Legal Aspects of Sport	3	
HP	496	Internship	3	
		Exercise Science Unrestricted Elective	3	Must be 300 or 400 level
		Elective	3	
		Elective	3	

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#### Term 8 Notes:

Students must obtain special permission to register for HP 496. Refer to the program homepage for more details about internship requirements at <http://ahn.mnsu.edu/hp/undergraduate/exercise.html>.

### PROGRAM NOTES

### DEGREE MAP CHECKLIST: GRADUATION REQUIREMENTS

<input checked="" type="checkbox"/>	1. Minimum of 15 credits per semester
<input checked="" type="checkbox"/>	2. General Education = 44 credits
<input checked="" type="checkbox"/>	3. Diverse Cultures = 2 course (6 credits minimum) from two disciplines
<input checked="" type="checkbox"/>	4. Writing Intensive = 2 courses (6 credits minimum)

<input checked="" type="checkbox"/>	5. Major = <input type="text" value="72"/> credits
<input checked="" type="checkbox"/>	6. Upper-Division Requirements = 40 credits minimum
<input type="checkbox"/>	7. Professional Education (if required) = 30 credits
<input type="checkbox"/>	8. Language Requirements (if BA) = 8 credits minimum
<input type="checkbox"/>	9. Minor = <input type="text"/> credits
<input checked="" type="checkbox"/>	10. Total credits required for degree <input type="text" value="120"/>

#### DEGREE MAP COMPLETE

<input checked="" type="checkbox"/>	<p>Map is complete and ready for review</p> <ol style="list-style-type: none"> <li>1. Faculty please send an email to your Department Chair when map is ready to review.</li> <li>2. Department Chair please send an email to your Dean when map is ready to review.</li> <li>3. Dean please send an email to the Assistant Vice President for Undergraduate Studies when map is ready to review.</li> </ol>
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#### DEAN APPROVAL

<input checked="" type="checkbox"/>	Map reviewed and approved by Dean
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Save and Close