



## Undergraduate Degree Map for Completion in Four Years

<b>College:</b>	College of Social & Behavioral Sciences <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 ONE OPTION <input type="button" value="v"/>
<b>Option:</b>	<input type="text"/>
<b>Version:</b>	1 <input type="button" value="v"/>
<b>Version Explanation:</b>	Pre-Physical Therapy Emphasis
<b>Type of Program:</b>	Standard 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
BIO	220	Human Anatomy	4	
MATH	115	Precalculus (GE-4)	4	
PSYC	101	Intro to Psych (GE-5)	4	
ENG	101	Composition (GE-1A)	4	

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**Term 1 Notes:**

### 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
CHEM	201	Gen Chem I (GE-2; GE-3)	5	
STAT	154	Elementary Statistics	3	
		GE-1 Comm Elective	3	
		GE-11 Elective	1	Must be an HP course

Insert item

**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	202	Gen Chem II	5	
HP	265	Orientation to Pre-PT/OT	2	
		GE-6 Elective (select a writing intensive)	3	
		Diverse Cultures	3	

Insert item

**Term 3 Notes:**

### 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

<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 obtain a C or better
		GE-6/GE-7 Diverse Cultures	3	
IT	100	Intro to Computer Application (GE-9)	4	
		GE-8 Elective that is Writing Intensive	3	
		GE-11 Elective	1	Must be an HP course

Insert item

**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
PHYS	211	Prin Phys I (GE-2; GE-3)	4	
PSYC	433	Child Psychology	4	
HP	348	Structural Kinesiology & Biomechanics	3	
HP	414	Physiology of Exercise	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
PHYS	212	Prin Phys II	4	
PSYC	455	Abnormal Psychology	4	
HLTH	321	Medical Terminology	3	
		GE-5 Elective	3	

Insert item

**Term 6 Notes:**

### TERM 7 - FALL

<i>Designator:</i>	<i>Course:</i>	<i>Course Name:</i>	<i>Credits:</i>	<i>Milestones:</i>
				Overall GPA ≥ 2.0 Course Completion Rate ≥ 67%
HP	439	Nutrition for Physical Activity and Sport	3	
HP	456	Athletic Testing and Conditioning	2	
HP	466	Graded Exercise Testing and Exercise Prescript	3	
HP	496	Internship	3	
PSYC	436	Adolescent Psychology	4	

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#### Term 7 Notes:

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

### TERM 8 - SPRING

<i>Designator:</i>	<i>Course:</i>	<i>Course Name:</i>	<i>Credits:</i>	<i>Milestones:</i>
				Overall GPA ≥ 2.0 Course Completion Rate ≥ 67%
HP	465	Legal Aspects of Sport	3	
		Exercise science unrestricted elective	3	Must be 300 or 400 level
PSYC	466	Psychology of Aging	4	
		GE-10 Elective	3	

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#### Term 8 Notes:

### 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 = 88 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"/>	Map is complete and ready for review <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**