Exercise Science

College of Allied Health & Nursing
Department of Human Performance
1400 Highland Center • 507-389-6313
Web site: www.mnsu.edu/dept/colahn/hp.html

Chair: Garold Rushing

Exercise Science, BS

Required General Education (13 credits)

- BIOL 220 Human Anatomy (4)
- BIOL 230 Human Physiology (4)
- CHEM 111 Chemistry of Life Processes (5)
- HP 290 Psycho-Social Aspects of Sport (3)
- IT 100 Introduction to Computing and Applications (4)
- MATH 112 College Algebra (4)
- MATH 113 Trigonometry (3)

Major Common Core

- HP 348 Structural Kinesiology and Biomechanics (3)
- HP 403 Measurement & Evaluation in Human Performance (3)
- HP 405 Adapted Physical Activity (3)
- HP 414 Physiology of Exercise (3)
- HP 439 Nutrition for Physical Activity and Sport (3)
- HP 456 Athletic Testing and Conditioning (2)
- HP 466 Graded Exercise Testing and Exercise Prescription (3)
- HP 467 Exercise Program Development and Administration (2)
- HP 496 Internship (6)

Major Restricted Electives

Choose 4 credits from the following

- HP 166 Team Game Skills (1)
- HP 174 Individual Dual Activities (1)
- HP 175 Fitness Activities (1)
- HP 176 Lifetime Activities I (1)
- HP 177 Lifetime Activities II (1)
- HP 178 Social, Folk and Square Dance Techniques (1)
- HP 182 Aquatic Skills (1)

Major Unrestricted Electives

Choose 15 credits from the following

- BIOL 340 Prevention and Care (2)
- BIOL 413 Lifespan Motor Development (1-2)
- HP 421 Teaching Sport to Individuals with Disabilities (2)
- HP 441 Organize & Administer (2)
- HP 483 Cardiac Rehabilitation (3)
- BIOL 320 Cell Biology (4)
- BIOL 324 Neurobiology (3)
- BIOL 380 Blood Banking/Urinalysis (3)
- BIOL 417 Biology of Aging and Chronic Diseases (3)
- BIOL 433 Cardiovascular Physiology (3)
- BIOL 438 General Endocrinology (3)
- BIOL 466 Principles of Pharmacology (3)
- CHEM 320 Organic Chemistry I (5)
- CHEM 321 Organic Chemistry II (3)
- CHEM 360 Principles of Biotechnology (4)
- HLTH 210 First Aid & CPR (3)
- HLTH 321 Medical Terminology (3)
- HLTH 451 Stress and Health (3)
- HLTH 455 Health and Aging (3)
- FCS 446 Lifespan Nutrition (3)
- PSYC 433 Child Psychology (4)
- PSYC 435 Psychological Assessment (4)
- PSYC 451 Methods of Enhancing Performance (3)
- PSYC 455 Abnormal Psychology (4)
- PSYC 460 Psychology of Women (3)
- PSYC 466 Psychology of Aging (3)

Required for Minor: None