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

Chair: Garold Rushing

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.

Exercise Science students are not required to complete a minor but many choose to obtain one to gain additional training or expertise.

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)
HP 340 Prevention and Care (2)
HP 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 Emotional Health and Stress (3)
HLTH 455 Health and Aging (3)
FCS 446 Lifespan Nutrition (3)
PSYC 433 Child Psychology (4)
PSYC 436 Adolescent Psychology (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