EXERCISE SCIENCE

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: Robert Pettitt

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 may choose to obtain one to gain additional training or expertise.

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

EXERCISE SCIENCE, BS
Degree completion = 120 credits

Required General Education
CHEM 111 Chemistry of Life Process Part II
   (Organic & Biochemistry) (5)
HP 291 Concepts of Fitness (2)
IT 100 Introduction to Computing and Applications (4)
   (choose one of the following MATH courses 3-4 credits)
MATH 112 College Algebra (4)
MATH 113 Trigonometry (3)
MATH 115 Precalculus Mathematics (4)

Major Common Core
Students may take either HP 160 or HP 265 in partial fulfillment of the major common core. HP 265 is designed for students intending to apply to graduate school in physical or occupational therapy.
BIOL 220 Human Anatomy (4)
BIOL 330 Principles of Human Physiology (4)
HP 160 Introduction to Human Performance Studies (2)
HP 265 Orientation to Occupational and Physical Therapy (1)
HP 290 Psycho-Social Aspects of Sport (3)
HP 348 Structural Kinesiology and Biomechanics (3)
HP 414 Physiology of Exercise (3)
   (choose one of the following courses 3 credits)
HP 403 Measurement & Evaluation in Human Performance (3)
STAT 154 Elementary Statistics (3)

Major Restricted Electives
(Choose 4 credits from these activity classes)
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)
Other courses may be taken with consent of your advisor.
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 466 Principles of Pharmacology (3)
BIOL 474 Immunology (4)
CHEM 320 Organic Chemistry I (5)
CHEM 321 Organic Chemistry II (3)
CHEM 360 Principles of Biochemistry (4)
FCS 440 Nutrition II (3)
FCS 446 Lifespan Nutrition (3)
HLTH 210 First Aid & CPR (3)
HLTH 321 Medical Terminology (3)
HLTH 451 Stress and Health (3)
HLTH 455 Health and Aging (3)
HP 292 Group Exercise Instruction (2)
HP 340 Prevention and Care (2)
HP 341 Athletic Training Techniques (3)
HP 413 Lifespan Motor Development (2)
HP 415 Advanced Sports Medicine (2)
HP 421 Teaching Sport to Individuals with Disabilities (2)
HP 440 Medical Aspects of Athletic Training (3)
HP 441 Organize & Administer (2)
HP 451 Principles of Coaching (3)
HP 460W Psychology of Women (3)
HP 470 Psychology of Coaching (3)
HP 472 Psychology of Sport and Athletic Injuries (3)
PSYC 433 Child Psychology (4)
PSYC 436 Adolescent Psychology (4)
PSYC 455 Abnormal Psychology (4)
PSYC 460W Psychology of Women (3)
PSYC 466 Psychology of Aging (4)

Major Emphasis: General Training Track
Students must complete 6 credits of HP 496, which can be split across semesters.
HP 439 Nutrition for Physical Activity and Sport (3)
HP 456 Athletic Testing and Conditioning (2)
HP 465 Legal Aspects of Physical Education and Sport (3)
HP 466 Graded Exercise Testing and Exercise Prescription (3)
HP 496 Internship (1-10)

Major Emphasis: Personal Training Track
Students must complete 3 credits of HP 496, which can be split across semesters.
HP 439 Nutrition for Physical Activity and Sport (3)
HP 456 Athletic Testing and Conditioning (2)
HP 465 Legal Aspects of Physical Education and Sport (3)
HP 466 Graded Exercise Testing and Exercise Prescription (3)
HP 486 Small Group Personal Training (3)
HP 496 Internship (1-10)

Required Minor: None.