

# EXERCISE SCIENCE – BS – HEALTH-FITNESS INSTRUCTION EMPHASIS

THIS IS A GENERAL CURRICULUM GUIDE AND IS NOT APPLICABLE TO EVERY STUDENT. IT IS IMPORTANT TO MEET WITH YOUR ADVISOR.

## Sample Four-Year Plan

Year One			
BMS 105 – Basic Nutrition Prerequisite: None	3	PSY 101 – Introductory Psychology (Gen Ed) Prerequisite: None	3
MOV 101 – Foundations of Human Movement Science Prerequisite: None	3	WRT 150 – Strategies in Writing (Gen Ed) Prerequisite: None	4
MTH 110 – Algebra Prerequisite: MTH 097 or GVSU placement test	4	CIS 150 – Introduction to Computing Prerequisite: None	3
Gen Ed Course Prerequisite:	3	Gen Ed Course Prerequisite:	3
Gen Ed Course Prerequisite:	3	Gen Ed Course Prerequisite:	3
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>16</i>
Year Two			
<sup>1</sup> BMS 202 – Anatomy and Physiology (Gen Ed) Prerequisite: None	4	<sup>1</sup> MOV 304 – Introduction to Exercise Physiology Prerequisite: BMS 202 or BMS 290 or BMS 251	3
CIS 231 – Problem Solving Using Spreadsheets (or sub) Prerequisite: MTH 110 or MTH 115 or MTH 122 or MTH 201	3	MOV 300 – Kinesiology Prerequisite: BMS 202 or BMS 208 or BMS 250	3
STA 215 – Introductory Applied Statistics (Gen Ed) Prerequisite: MTH 110 or equivalent	3	BMS 223 – Public Health Concepts Prerequisite: None	3
MOV 201 – Psycho-Social Aspects of Physical Education and Sport Prerequisite: None	3	MOV 309 – Measurement and Evaluation Prerequisite:	2
Gen Ed Course Prerequisite:	3	Gen Ed Course Prerequisite:	3
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>14</i>
Year Three			
<sup>1</sup> MOV 320 + MOV 321 – Exercise Testing and Prescription (with lab) Prerequisite: MOV 304; MOV 320 and 321 are co-requisites	4	<sup>1</sup> MOV 420 – Laboratory Practicum in Exercise Science Prerequisite: MOV 320 and MOV 321	2
MOV 310 – Motor Skill Development Prerequisite: None	3	PSY 364 – Lifespan Developmental Psychology Prerequisite: PSY 101 or HNR 234	3
PSY 310 – Behavior Modification Prerequisite: PSY 101 or HNR 234	3	MOV 102 – First Aid, CPR and AED Prerequisite: None	2
Gen Ed Course Prerequisite:	3	SOC 384 – Sociology of Drug Use and Abuse Prerequisite: None	3
Theme/Issue Course Prerequisite:	3	Theme/Issue Course Prerequisite:	3
<i>Total</i>	<i>16</i>	<i>Total</i>	<i>13</i>
Year Four			
<sup>1</sup> MOV 475 – Fieldwork in Exercise Science Prerequisite: STA 215 and MOV 420	2	<sup>1</sup> MOV 490 – Internship in Exercise Science <sup>4</sup> Prerequisite: Completion of MOV 475 and permission of instructor	6-12
MOV 470 – Exercise for Special Populations Prerequisite: MOV 320 and MOV 321	3	<sup>2</sup> Elective Prerequisite:	3
<sup>3</sup> MOV 495 – Professionalism in Exercise Science (SWS) Prerequisite: MOV 420 and WRT 150	3		
MOV 217 + MOV 218 – Principles of Athletic Training (with lab) Prerequisite: None	3		
SOC 356 – Sociology of Health Care Prerequisite: None	3		
<i>Total</i>	<i>14</i>	<i>Total</i>	<i>15</i>

\*The block tuition rate is for 12-15 credits. You will pay additional tuition for any credits over 15.

### Notes:

<sup>1</sup>Courses that are bolded have to be taken in the sequence that they are displayed on this guide. (see information on back)

<sup>2</sup>Elective refers to courses that help earn credits toward the 120 credits required for graduation.

<sup>3</sup>Students must complete two courses with an SWS attribute.

<sup>4</sup>MOV 490 – Internship in Exercise Science can be taken for 6, 9 or 12 credits.

<sup>5</sup>Students can substitute a GVSU 200-level course for CIS 231 with approval from their faculty advisor.

It is imperative to meet with your faculty advisor and an advisor in the CLAS Academic Advising Center regularly.

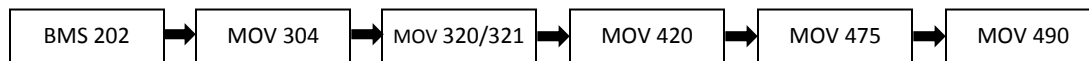
The CLAS Academic Advising Center is located in C-1-140 MAK, 616-331-8585.

Online at: <http://www.gvsu.edu/clasadvising>

### **Declaring the Exercise Science Major with Health Fitness Instruction emphasis:**

1. Log into myBanner from the GVSU homepage
2. Once logged in select "Student," "Student Records," and then "Change Major"
3. Click on the "Change Major 1/Program" box
4. Click on the down arrow in the box next to "New Major 1/Program," from here scroll down and choose "Exercise Science-BS Health Fitness Instruction"
5. Click "Submit" and then "Change to New Program"

### **Prerequisite Sequences in the Major**



### **General Education Overlap**

General Education Categories fulfilled by the Major:	
Life Sciences with Lab: BMS 202	Social and Behavioral Sciences: PSY 101*
Mathematical Sciences: STA 215	

\*PSY 101 is a prerequisite to courses that are required in the major

### **List of Required Courses**

#### Exercise Science Major B.S. Degree Requirements

- BMS 202 - Anatomy and Physiology Credits: 4
- MOV 304 – Introduction to Exercise Physiology Credits: 3
- STA 215 - Introductory Applied Statistics Credits: 3

#### Exercise Science Major Courses

- BMS 105 - Basic Nutrition Credits: 3
- MOV 101 - Foundations of Human Movement Science Credits: 3
- MOV 102 - First Aid, CPR and AED Credits: 2
- MOV 217 - Modern Principles of Athletic Training Credits: 2
- MOV 218 - Modern Principle of Athletic Training Lab Credits: 1
- MOV 300 - Kinesiology Credits: 3
- MOV 309 - Measurement and Evaluation Credits: 2
- MOV 320 - Exercise Testing and Prescription Credits: 3
- MOV 321 - Exercise Testing Lab Credits: 1
- MOV 420 - Laboratory Practicum in Exercise Science Credits: 2
- MOV 470 - Exercise for Special Populations Credits: 3
- MOV 475 - Fieldwork in Exercise Science Credits: 2
- MOV 490 - Internship in Exercise Science Credits: 6 to 12
- MOV 495 - Professionalism in Exercise Science Credits: 3 (SWS)

#### Health-Fitness Instruction

- BMS 223 - Public Health Concepts Credits: 3
- CIS 150 - Introduction to Computing Credits: 3
- CIS 231 - Problem Solving Using Spreadsheets Credits: 3
- MOV 201 - Psychosocial Aspects of Physical Education and Sport Credits: 3
- MOV 310 - Motor Skill Development Credits: 3
- PSY 310 - Behavior Modification Credits: 3
- PSY 364 - Life Span Developmental Psychology Credits: 3
- SOC 356 - Sociology of Health Care Credits: 3
- SOC 384 - Sociology of Drug Use and Abuse Credits: 3