

Exercise Science (2010-2011)

Health-Fitness Instruction Emphasis

This is a **general curriculum** guide and is not applicable to every student and is not a replacement for meeting with your advisor.

-Assumes the student is beginning in MTH 110-

Fall Semester – Year One	Credits	Winter Semester- Year One	Credits
BMS 105: Basic Nutrition	3	PSY 101: Introductory Psychology (<i>Gen Ed</i>)	3
MTH 110: Algebra	4	WRT 150: Strategies in Writing	4
MOV 101: Foundations of Physical Ed\	3	CS 150: Introduction to Computing	3
Gen Ed.	3	Gen Ed	3
Gen Ed.	3	Gen Ed	3
Total	16	Total	16
Fall Semester – Year Two	Credits	Winter Semester – Year Two	Credits
BMS 202: Anatomy and Physiology (<i>Gen Ed</i>)²	4	BMS 223: Public Health Concepts	3
CS 231: Problem Solving Using Spreadsheets	3	MOV 300: Kinesiology	3
STA 215: Intro Applied Statistics (<i>Gen Ed</i>)	3	MOV 304: Physiology of Activity²	3
MOV 201: Psycho-Social Aspects of PED & Sport	3	MOV 309: Measurement and Evaluation	2
Gen Ed.	3	Gen Ed.	3
Total	16	Total	14
Fall Semester – Year Three	Credits	Winter Semester – Year Three	Credits
MOV 310: Motor Skill Development	3	MOV 420: Lab Practicum in Exercise Science²	2
MOV 320: Exercise Testing & Prescription²	3	PSY 364: Lifespan Developmental Psychology	3
MOV 321: Exercise Testing Lab²	1	SOC 384: Sociology of Drug Use and Abuse	3
PSY 310: Behavior Modification	3	MOV 102: First Aid	2
Gen Ed. or Theme	3	Gen Ed/WRT 305: Writing in the Disciplines ¹	3
Gen Ed. or Theme	3	Total	13
Total	16	Total	13
Fall Semester – Year Four	Credits	Winter Semester – Year Four	Credits
SOC 356: Sociology of Health Care	3	MOV 490: Internship in Movement Science²	6-12
PED 217: Principles of Athletic Training	3		
MOV 470: Exercise for Special Populations	3		
MOV 475: Fieldwork in Exercise Science²	2		
MOV 495: Professionalism in Exercise Sci.	3		
Gen Ed. or Theme	3		
Total	17	Total	6-12

Notes:

¹Students who pass out of WRT 305 have room to take a GenEd, Theme, or elective course in this semester.

²Courses that are bolded have to be taken in sequence

Special Notes:

- This is a **general** curriculum guide and will not work for everyone, especially those students who have AP or CLEP credit.
- Courses that have (*Gen Ed*) written after them are classes that are required in the major and also fulfill a section of the general education program.
- Remember to fulfill your 2 SWS requirements; 1 can be taken in the gen ed program and 1 in your major.
- Some classes are in multiple sections within the gen ed. If you take a course that can be counted in two categories, you can open up 1-2 more spots for major electives.
- You must have **120 credits** to graduate from Grand Valley State University.

It is imperative to meet with your faculty advisor or an advisor in the CLAS Academic Advising Center early in your career. The CLAS Academic Advising Center is located in C-1-140 MAK, 616-331-8585.

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

Prepared by CLAS Academic Advising Center – 10/27/10