

# Exercise Science (2011-2012)

## 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.

**-Student needs MTH 110 prerequisite-**

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
<i>Total</i>	<i>16*</i>	<i>Total</i>	<i>16*</i>
Fall Semester – Year Two	credits	Winter Semester – Year Two	credits
<b>BMS 202: Anatomy and Physiology (<i>Gen Ed</i>)<sup>1</sup></b>	<b>4</b>	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	<b>MOV 304: Physiology of Activity<sup>1</sup></b>	<b>3</b>
MOV 201: Psycho-Social Aspects of PED & Sport	3	MOV 309: Measurement and Evaluation	2
Gen Ed.	3	Gen Ed.	3
<i>Total</i>	<i>16*</i>	<i>Total</i>	<i>14</i>
Fall Semester – Year Three	credits	Winter Semester – Year Three	credits
MOV 310: Motor Skill Development	3	<b>MOV 420: Lab Practicum in Exercise Science<sup>1</sup></b>	<b>2</b>
<b>MOV 320: Exercise Testing &amp; Prescription<sup>1</sup></b>	<b>3</b>	PSY 364: Lifespan Developmental Psychology	3
<b>MOV 321: Exercise Testing Lab<sup>1</sup></b>	<b>1</b>	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	3
Gen Ed. or Theme	3		
<i>Total</i>	<i>16*</i>	<i>Total</i>	<i>13</i>
Fall Semester – Year Four	credits	Winter Semester – Year Four	credits
SOC 356: Sociology of Health Care	3	<b>MOV 490: Internship in Movement Science<sup>1</sup></b>	<b>6-12</b>
PED 217: Principles of Athletic Training	3		
MOV 470: Exercise for Special Populations	3		
<b>MOV 475: Fieldwork in Exercise Science<sup>1</sup></b>	<b>2</b>		
MOV 495: Professionalism in Exercise Sci. (SWS)	3		
<i>Total</i>	<i>14</i>	<i>Total</i>	<i>6-12</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 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.
- Complete a total of two courses with an SWS attribute. The two SWS courses may not be taken from the same department or school. One must be from outside the student's major unit.
- Theme classes need to come from two different disciplines within the chosen theme. Only one course may be at the 100/200 level.

**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 – 3/9/2011