

EXERCISE SCIENCE – BS – EXERCISE PHYSIOLOGY & SPORT PERFORMANCE

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			
² BIO 120 - General Biology I (Gen Ed – Life Sciences)	4	² BMS 250 - Anatomy & Physiology I Prerequisite: BIO 120	4
¹ WRT 150 – Strategies in Writing (Gen Ed - Writing)	4	CHM 109 –Introductory Chemistry (Gen Ed - Physical Sciences)	4
EXS 195 - Introduction to Exercise Science	3	BMS 105 - Basic Nutrition	3
¹ MTH 110 - Algebra Prerequisite: MTH 097 or GVSU placement test	4	PSY 101 - Introductory Psychology (Gen Ed – Social & Behavioral Sciences #1)	3
<i>Total</i>	15	<i>Total</i>	14
Year Two			
² BMS 251 - Anatomy & Physiology II Prerequisite: BMS 250	4	MOV 304 - Introduction to Exercise Physiology Prerequisite: BMS 251	3
EXS 220 - Exercise Instruction & Leadership Prerequisite: EXS 195	3	MOV 300 - Kinesiology Prerequisite: BMS 250	3
STA 215-Introductory Applied Statistics (Gen Ed – Mathematical Sciences) Prerequisite: MTH 110 or equivalent	3	EXS 209 - Research Methods in Exercise & Health Sciences Prerequisite: STA 215	3
ATH 217 – Modern Principles of Athletic Training Gen Ed – Social & Behavioral Sciences #2	2	Gen Ed - US Diversity	3
	3	Gen Ed – Historical Analysis	3
<i>Total</i>	15	<i>Total</i>	15
Year Three			
² EXS 320 - Exercise Testing & Prescription Prerequisite: MOV 304; EXS 321 is a co-requisite	3	EXS 360 - Strength & Conditioning in Athletic Perf [Emphasis] Prerequisite: EXS 320/EXS 321	3
² EXS 321 - Exercise Testing Lab (In future will be EXS 322 – 2 cr) Prerequisite: MOV 304; EXS 320 is a co-requisite	1	EXS 355 – Essentials of Sport Science [Emphasis – Winter Only] Prerequisite: MOV 304	3
³ Emphasis Elective # 1	3	² EXS 440 - Environ. Ex Physiology [Emphasis - Winter Only] Prerequisite: MOV 304	3
EXS 404 -Advanced Exercise Physiology [Emphasis] Prerequisite: MOV 304 & EXS 209	3	³ Emphasis Elective # 3	3
Gen Ed – Arts	3	Issues #1/SWS#1	3
³ Emphasis Elective #2	2	Prerequisite: WRT 150 and Junior Standing	
<i>Total</i>	15	<i>Total</i>	15
Year Four			
EXS 470 - Exercise for Special Populations Prerequisite: EXS 320/EXS 321	3	EXS 490 - Internship in Exercise Science Prerequisite: EXS 320/321, Senior Standing	6
² EXS 400 - Biomechanics [Emphasis– Fall only] Prerequisite: MOV 300	3	Gen Ed - Philosophy & Literature	3
EXS 495 - Professionalism in Exercise Science (SWS#2) Prerequisite: EXS 320/321, Senior Standing	3	Gen Ed – Global Perspectives	3
³ Emphasis Elective # 4	3	Elective credit if needed	3
Issues #2	3		
<i>Total</i>	15	<i>Total</i>	15

The block tuition rate is for 12-15 credits. You will pay additional tuition for more than 15 credits.

¹Students who place into preparatory levels of Math or Writing will take a two-semester version of this requirement | MTH 108 & MTH 109 | WRT 120 & 130

²Courses **bolded** are required to be taken in the sequence as they have been listed in this guide and each course requires the previous to be completed

³Options for Emphasis Electives: See list on back

Graduation Requirements

- Earn 120 credit hours at minimum of 2.0 GPA – 58 credit hours at 4-yr institution and last 30 credit hours at GVSU
- Complete all components of the General Education program, including two Issues courses
- Complete two supplemental writing skills (SWS) courses after WRT 150 with minimum C grade
- For more information, visit the CLAS Academic Advising Center – MAK C-1-140 (<http://www.gvsu.edu/clasadvising>)

This emphasis deepens and expands content in human athletic performance and the physiology of training, thus preparing students for careers in strength & conditioning, sports science, biomechanics, and graduate school/academia.

Emphasis Elective Choices – Must choose 11 credits

- BMS 305 – Clinical Nutrition (3 credits)
- EXS 200 – Psychosocial Aspects of Exercise & Physical Activity (3 credits)
- EXS 330 – Physical Activity and Public Health (3 credits)
- EXS 390 – Fieldwork in Exercise Science (2 credits)
- MOV 201 – Psychosocial Aspects of Physical Education and Sport (3 credits)
- MOV 310 – Motor Skill Development (3 credits)
- PH 222 – Public Health Concepts (3 credits)
- PHY 216 – Physics of Sport (3 credits)
- STA 345 – Statistics in Sports (3 credits)

Declaring the Exercise Science Major with Exercise Physiology and Sport Performance 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 Exercise Physiology and Sport Performance”
5. Click “Submit” and then “Change to New Program”

General Education Overlap

General Education Categories fulfilled by the Major:	
Mathematical Sciences: STA 215	Social and Behavioral Sciences: PSY 101
Life Sciences: BIO 120	Physical Sciences: CHM 109
Issues: STA 345 (If selected as Major Electives)	