

**EXERCISE SCIENCE – BS – EXERCISE PHYS & SPORT PERF 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**

<b>Year One</b>			
<b>BIO 120 - General Biology I (Gen Ed LS)</b>	4	<b>BMS 250 - Anatomy &amp; Physiology I</b> Prerequisite: BIO 120	4
WRT 150 – Strategies in Writing (Gen Ed)	4	BMS 105 - Basic Nutrition	3
EXS 195 - Introduction to Exercise Science	3	<b>CHM 109 –Introductory Chemistry (Gen Ed Phy Sci)</b>	4
MTH 110 - Algebra Prerequisite: MTH 097 or GVSU placement test	4	PSY 101 - Introductory Psychology (Gen Ed SBS #1) Elective	3 1
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
<b>Year Two</b>			
<b>BMS 251 - Anatomy &amp; Physiology II</b> Prerequisite: BMS 250	4	<b>MOV 304 - Introduction to Exercise Physiology</b> 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 Math) 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 - SBS #2	2 3	Gen Ed - U.S. Diversity Gen Ed – Global Perspectives and Historical Analysis	3 3
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
<b>Year Three</b>			
<b>EXS 320 - Exercise Testing &amp; Prescription</b> Prerequisite: MOV 304; EXS 321 is a co-requisite	3	EXS 360 - Strength & Conditioning in Ath Perf [Emphasis] Prerequisite: EXS 320/EXS 321	3
<b>EXS 321 - Exercise Testing Lab</b> Prerequisite: MOV 304; EXS 320 is a co-requisite Beginning Fall 2025, EXS 322 will be required in place of EXS 321	1 (2)	EXS 355 – Essentials of Sport Science [Emphasis] Prerequisite: MOV 304	3
Emphasis Elective # 1 (see list on back)	3	<b>EXS 440 - Environ. Ex Physiology [Emphasis - Winter only]</b> <b>Prerequisite: MOV 304</b>	3
EXS 404 -Advanced Exercise Physiology [Emphasis] Prerequisite: MOV 304 & EXS 209	3	Emphasis Elective # 2 (see list on back) Issues #1	3 3
Gen Ed – The Arts	3	Prerequisite: Junior Standing	
Elective(s) – if needed	1		
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>
<b>Year Four</b>			
EXS 470 - Exercise for Special Populations Prerequisite: EXS 320/EXS 321	3	<b>EXS 490 - Internship in Exercise Science</b> Prerequisite: EXS 320/321, Senior Standing	6
<b>EXS 400 - Biomechanics [Emphasis– Fall only]</b> <b>Prerequisite: MOV 300</b>	3	Emphasis Elective # 4 (see list on back) Gen Ed - Philosophy & Literature	3 3
EXS 495 - Professionalism in Exercise Science (SWS#1) Prerequisite: EXS 320/321, Senior Standing	3	SWS #2	3
Emphasis Elective # 3 (see list on back) Issues #2 Prerequisite: Junior Standing	3 3	Prerequisite: WRT 150	
<i>Total</i>	<i>15</i>	<i>Total</i>	<i>15</i>

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

Students 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 Courses **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**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.

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-1-120 and C-1-140 MAK, 616-331-8585. Online at: <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.

**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”

**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)

**General Education Overlap**

<b>General Education Categories fulfilled by the Major:</b>	
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)	