



BLACK HILLS
STATE UNIVERSITY

Major: **Exercise Science**
2023-2024 - Status Sheet

Minor: **Health**
Degree: **Bachelor of Science**

120 hours are required to graduate
36 hours of upper level are required

BBS.EXS-SCI
BBS.EXS-STC
Prepared by:
Phone #:
Date:

Exit Exam: PE 462

NAME:

				Has		Needs						Has		Needs						
Gen Ed Requirements				100	300	100	300	Major Requirements				100	300	100	300					
				200	400	200	400					200	400	200	400					
3	ENGL	101	Composition I					Required Core												
3	ENGL	201	Composition II					2	EXS	101	The Exercise Science Major									
3	CMST	101	215 222					4	EXS	250/L	Human Anatomy & Physiology/Lab									
3	MATH:	103, 104, 114, 115, 120, 121, 123, 281						3	EXS	280/L	Fitness Assessment/Lab									
3-5	Natural Science & Lab							3	EXS	285	Exercise & Chronic Disease									
3-5	Natural Science & Lab							3	EXS	286	Medical Word Origins									
SOCIAL SCIENCE: take 2 courses from two different subject areas.								3	EXS	300	Intro to Research									
ARTS & HUMANITIES: take 2 courses from two different subject areas (ART/H) are the same subject), or a Foreign Language Sequence								4	EXS	350/L	Exercise Physiology/Lab									
Social Science - 2 courses required								4	EXS	353/L	Kinesiology/Lab									
ABS 203 ANTH 210, 220, 230 CJUS 201								3	EXS	354/L	Care & Prevention of Athletic Injuries/Lab									
CMST 201 ECON 201, 202 GEOG 101, 200,								3	EXS	425/L	Exer Program for Special Populations/Lab									
210, 212, 219 GLST 201 HDFS 141, 210								3	EXS	452	Motor Learning & Development									
HIST 151, 152, 256, 257 INED 211 INFO 102								4	EXS	454/L	Biomechanics/Lab									
NATV 110 POLS 100, 102, 141, 165, 210, 250,								2	EXS	462	Exercise Leadership									
253 PSYC 101 REL 237 SOC 100, 150, 151,								3	EXS	482	Theory of Strength Training/Conditioning									
240, 250, 285 SUST 201 UHON 111, 210								2	EXS	489	Applied Human Performance									
WMST 101, 247								5	EXS	494	Internship									
Arts & Humanities - 2 courses required								1	HLTH	251	First Aid & CPR									
ARAB 101, 102 ARCH 241 ART 111, 112,								3	HLTH	422	Nutrition									
121, 123 ARTH 100, 120, 121, 211, 212, 231,								Select one Specialization												
251 CHIN 101, 102 ENGL 115, 125, 210, 211,								Science Specialization = 15 hours												
212, 214, 221, 222, 230, 240, 241, 242, 248,								(BBS.EXS-SCI)												
249, 250, 256, 258, 268 FREN 101, 102, 201,								BIOL 101/L Biology Survey I/Lab &												
202 GER 101, 102, 201, 202 GFA 101								BIOL 103/L Biology Survey II/Lab												
GREE 101, 102 HIST 111, 112, 121, 122								6-8	OR											
HUM 100 200 LAKL 101, 102, 201, 202 LATI								BIOL 151/L General Biology I/Lab &												
101, 102 MCOM 151, 160 MFL 101, 102								BIOL 153/L General Biology II/Lab												
MUS 100, 117, 130, 131, 200, 201, 203, 240								CHEM 106/L Chemistry Survey/Lab												
PHIL 100, 200, 215, 220, 233, 240, 270, 287								4	OR											
REL 213, 224, 225, 238, 250 RUSS 101, 102								CHEM 112/L General Chemistry I/Lab												
SPAN 101, 102, 201, 202 THEA 100, 131, 200,								MATH 281 Introduction to Statistics												
201, 231, 270								3	OR											
Addl. hours in major/minor to meet 50% rule								PSYC 371 Statistics in Psychological Research												
Addl. hours to meet 60 from 4-yr Inst.								Strength & Conditioning Specialization = 16 hours												
Addl. hours to total 36 upper level								(BBS.EXS-STC)												
Addl. hours to total 120								3 HLTH 370 Stress Management												
Health Minor - 18 hours								3 HLTH 410 Current Issues in Health												
3	HLTH	110	Health Concepts					4 EXS 494 Exercise Science Internship												
2	HLTH	201	ATOD Prevention Ed					3 PE 300 Applied Sport & Exercise Science												
1	HLTH	251	First Aid & CPR	See major				1 PE 100 Weight Training for Life												
3	HLTH	370	Stress Management					2 PE 453 Sport Psychology												
3	HLTH	410	Current Issues in Health																	
3	HLTH	420	K-12 Mthds Hlth Instruction																	
3	HLTH	422	Nutrition	See major																
TOTALS:								TOTALS:												

ID or SSN: