



**BLACK HILLS**  
STATE UNIVERSITY

Major: **Exercise Science**  
2022-2023 - 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-MGT

Prepared by:

Phone #:

Date:

Exit Exam: PE 462

NAME:

		Has		Needs				Has		Needs	
		100	300	100	300			100	300	100	300
		200	400	200	400			200	400	200	400
<b>Gen Ed Requirements</b>						<b>Major Requirements</b>					
3	ENGL 101	Composition I				<b>Required Core</b>					
3	ENGL 201	Composition II				2	EXS 101	The Exercise Science Major			
3	CMST 101	215 222				3	EXS 130	Basic Medical Terminology			
3	MATH: 103, 104, 114, 115, 120, 121, 123, 281					4	EXS 250/L	Human Anatomy & Physiology/Lab			
3-5	Natural Science & Lab					3	EXS 280/L	Fitness Assessment/Lab			
3-5	Natural Science & Lab					3	EXS 285	Exercise & Chronic Disease			
<b>SOCIAL SCIENCE:</b> take 2 courses from two different subject areas.						3	EXS 300	Intro to Research			
<b>ARTS &amp; HUMANITIES:</b> 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			
<b>Social Science - 2 courses required</b>						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, 210, 212, 219 GLST 201 HDFS 141, 210						3	EXS 425/L	Exer Program for Special Populations/Lab			
HIST 151, 152, 256, 257 INED 211 INFO 102						3	EXS 452	Motor Learning & Development			
NATV 110 POLS 100, 102, 141, 165, 210, 250, 253 PSYC 101 REL 237 SOC 100, 150, 151, 240, 250, 285 SUST 201 UHON 111, 210						4	EXS 454/L	Biomechanics/Lab			
WMST 101, 247						2	EXS 462	Exercise Leadership			
<b>Arts &amp; Humanities - 2 courses required</b>						3	EXS 482	Theory of Strength Training/Conditioning			
ARAB 101, 102 ARCH 241 ART 111, 112, 121, 123 ARTH 100, 120, 121, 211, 212, 231, 251 CHIN 101, 102 ENGL 115, 125, 210, 211, 212, 214, 221, 222, 230, 240, 241, 242, 248, 249, 250, 256, 258, 268 FREN 101, 102, 201, 202 GER 101, 102, 201, 202 GFA 101						2	EXS 489	Applied Human Performance			
GREE 101, 102 HIST 111, 112, 121, 122						5	EXS 494	Internship			
HUM 100 200 LAKL 101, 102, 201, 202 LATI 101, 102 MCOM 151, 160 MFL 101, 102						1	HLTH 251	First Aid & CPR			
MUS 100, 117, 130, 131, 200, 201, 203, 240						3	HLTH 422	Nutrition			
PHIL 100, 200, 215, 220, 233, 240, 270, 287						<b>Select one Specialization</b>					
REL 213, 224, 225, 238, 250 RUSS 101, 102						<b>Science Specialization = 15 hours</b>					
SPAN 101, 102, 201, 202 THEA 100, 131, 200, 201, 231, 270						(BBS.EXS-SCI)					
<b>Addl. hours in major/minor to meet 50% rule</b>						BIOL 101/L Biology Survey I/Lab & BIOL 103/L Biology Survey II/Lab					
<b>Addl. hours to meet 60 from 4-yr Inst.</b>						6-8 <b>OR</b>					
<b>Addl. hours to total 36 upper level</b>						BIOL 151/L General Biology I/Lab & BIOL 153/L General Biology II/Lab					
<b>Addl. hours to total 120</b>						CHEM 106/L Chemistry Survey/Lab					
<b>Health Minor - 18 hours</b>						4 <b>OR</b>					
3	HLTH 110	Health Concepts				CHEM 112/L General Chemistry I/Lab					
2	HLTH 201	ATOD Prevention Ed				MATH 281 Introduction to Statistics					
1	HLTH 251	First Aid & CPR				3 <b>OR</b>					
3	HLTH 370	Stress Management				PSYC 371 Statistics in Psychological Research					
3	HLTH 410	Current Issues in Health				<b>Management Specialization = 15 hours</b>					
3	HLTH 420	K-12 Mthds Hlth Instruction				(BBS.EXS-MGT)					
3	HLTH 422	Nutrition				3 BADM 334 Small Business Management					
						3 BADM 336 Entrepreneurial Studies I					
						3 BADM 370 Marketing					
						3 OE 376 Interpretive Media					
						3 Take one of the following:					
						BADM 360 Organization & Management					
						BADM 369 Organizational Behavior & Theory					
						BADM 438 Entrepreneurial Studies II					
<b>TOTALS:</b>						<b>TOTALS:</b>					

ID or SSN: