Exit Exam: PE 462

Major: Exercise Science

2024-2025 - Status Sheet

Minor: Health

Gen Ed Requirements

101 Composition I

201 Composition II

MATH: 103, 104, 114, 115, 120, 121, 123, 281

SOCIAL SCIENCE: take 2 courses from two different subject areas.

ARTS & HUMANITIES: take 2 courses from two different subject areas (ART/H) are the same subject), or a Foreign Language

Sequence

101 215 222

BLACK HILLS Degree: Bachelor of Science

STATE UNIVERSITY

Natural Science & Lab

Natural Science & Lab

Social Science - 2 courses required

ABS 203 ANTH 210, 220, 230 CJUS 201 CMST 201 ECON 201, 202 GEOG 101, 200,

210, 212, 219 GLST 201 HDFS 141, 210

240, 250, 285 SUST 201 UHON 111, 210

Arts & Humanities - 2 courses required ARAB 101, 102 ARCH 241 ART 111, 112, 121, 123 ARTH 100, 120, 121, 211, 212, 231,

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

GREE 101, 102 HIST 111, 112, 121, 122

HUM 100 200 LAKL 101, 102, 201, 202 LATI 101, 102 MCOM 151, 160 MFL 101, 102 MUS 100, 117, 130, 131, 200, 201, 203, 240

PHIL 100, 200, 215, 220, 233, 240, 270, 287

REL 213, 224, 225, 238, 250 RUSS 101, 102 SPAN 101, 102, 201, 202 THEA 100, 131, 200,

Addl. hours in major/minor to meet 50% rule

110 Health Concepts

251 First Aid & CPR

HLTH 410 Current Issues in Health

HLTH 420 K-12 Mthds Hlth Instruction

TOTALS:

201 ATOD Prevention Ed

370 Stress Management

Addl. hours to meet 60 from 4-yr Inst.

Addl. hours to total 36 upper level

Addl. hours to total 120

See maior

See major

251 CHIN 101, 102 ENGL 115, 125, 210, 211,

HIST 151, 152, 256, 257 INED 211 INFO 102

NATV 110 POLS 100, 102, 141, 165, 210, 250,

253 PSYC 101 REL 237 SOC 100, 150, 151,

FNGI

**ENGL** 

**CMST** 

WMST 101, 247

201, 231, 270

Health Minor - 18 hours

HLTH 422 Nutrition

HLTH

HLTH

HI TH

1

3

3

3

3

3

3

3

3-5

3-5

120 hours are required to graduate

300 100 BBS.EXS-SCI **BBS.EXS-STC** 

Prepared by:

Phone #: 36 hours of upper level are required Date: Has Needs Has Needs 300 100 300 300 Major Requirements 400 400 Required Core EXS 101 The Exercise Science Major EXS 250/L Human Anatomy & Physiology/Lab 3 EXS 280/L Fitness Assessment/Lab 3 **EXS** 285 Exercise & Chronic Disease 3 EXS 286 Medical Word Origins 3 EXS 300 Intro to Research 4 EXS 350/L Exercise Physiology/Lab 4 EXS 353/L Kinesiology/Lab 3 EXS 354/L Care & Prevention of Athletic Injuries/Lab 3 EXS 425/L Exer Program for Special Populations/Lab 452 Motor Learning & Development 3 EXS 4 EXS 454/L Biomechanics/Lab 2 EXS 462 Exercise Leadership 3 EXS 482 Theory of Strength Training/Conditioning 2 EXS 489 Applied Human Performance 5 EXS 494 Internship 251 First Aid & CPR 1 HLTH HLTH 422 Nutrition Select one Specialization Science Specialization = 15 hours (BBS.EXS-SCI) BIOL 101/L Biology Survey I/Lab & BIOL 103/L Biology Survey II/Lab BIOL 151/L General Biology I/Lab & BIOL 153/L General Biology II/Lab CHEM 106/L Chemistry Survey/Lab CHEM 112/L General Chemistry I/Lab MATH 281 Introduction to Statistics PSYC 371 Statistics in Psychological Research Strength & Conditioning Specialization = 16 hours (BBS.EXS-STC) 3 HLTH 370 Stress Management 3 HLTH 410 Current Issues in Health 4 **EXS** 494 Exercise Science Internship 3 PΕ 300 Applied Sport & Exercise Science PΕ 1 100 Weight Training for Life 2 PE 453 Sport Psychology

TOTALS: