



BLACK HILLS
STATE UNIVERSITY

Major: **Exercise Science**
2025-2026 - 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	
		100	300	100	300			100	300	100	300
		200	400	200	400			200	400	200	400
Gen Ed Requirements						Major Requirements					
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, 1 must be an * course - Civics Requirement. ARTS & HUMANITIES: take 2 courses from two different subject areas, (ART/H) are same subject) or a Foreign Language sequence.						3 EXS 300 Intro to Research					
Social Science - 2 courses required						4 EXS 350/L Exercise Physiology/Lab					
ABS 203, ANTH 210, 220, 230, CIV 100* , CJUS 201, CMST 201 ECON 201, 202, GEOG 101, 200, 210, 212, 219, GLST 201, HDFS 141, 210, HIST 151* , 152* , 256, 257, INED 211, 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, WMST 247						4 EXS 353/L Kinesiology/Lab					
Arts & Humanities - 2 courses required						3 EXS 354/L Care & Prevention of Athletic Injuries/Lab					
ARCH 241, ART 111, 112, 121, 123, ARTH 100, 121, 211, 212, 231, 251, ENGL 115, 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, HIST 111, 112, 121, 122 HUM 100, 101, 200, LAKL 101, 102, 201, 202, 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, SPAN 101, 102, 201, 202, THEA 100, 131, 200, 201, 231, 270						3 EXS 425/L Exer Program for Special Populations/Lab					
Addl. hours in major/minor to meet 50% rule						3 EXS 452 Motor Learning & Development					
Addl. hours to meet 60 from 4-yr Inst.						4 EXS 454/L Biomechanics/Lab					
Addl. hours to total 36 upper level						2 EXS 462 Exercise Leadership					
Addl. hours to total 120						3 EXS 482 Theory of Strength Training/Conditioning					
Health Minor - 18 hours						2 EXS 489 Applied Human Performance					
3 HLTH 110 Health Concepts						5 EXS 494 Internship					
2 HLTH 201 ATOD Prevention Ed						1 HLTH 251 First Aid & CPR					
1 HLTH 251 First Aid & CPR						3 HLTH 422 Nutrition					
3 HLTH 370 Stress Management											
3 HLTH 410 Current Issues in Health											
3 HLTH 420 K-12 Mthds Hlth Instruction											
3 HLTH 422 Nutrition											
TOTALS:						TOTALS:					