| Major: Exercise Science 2025-2026 - Status Sheet BBS.EXS-SCI Exit Exam: PE 462 | | | |
|--|--------------------|---|-----------------------------------|
| Minor: Health | BBS.EXS-STC | | |
| BLACK HILLS Degree: Bachelor of Science Prepared by: | | | ≦ |
| STATE UNIVERSITY 120 hours are required to graduate Phone #: | | | |
| 36 hours of upper | r level are requ | uired Date: | |
| | las Needs | | Has Needs |
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| 3 ENGL 101 Composition I | 400 200 400 | 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 3-5 Natural Science & Lab | ++++ | 3 EXS 285 Exercise & Chronic Disease 3 EXS 286 Medical Word Origins | |
| | | 3 EXS 300 Intro to Research | +++ |
| SOCIAL SCIENCE: take 2 courses from two different subj must be an * course - Civics Requirement. ARTS & HUM | | 4 EXS 350/L Exercise Physiology/Lab | |
| take 2 courses from two different subject areas, (ART/H) | | 4 EXS 353/L Kinesiology/Lab | |
| subject) or a Foreign Language sequence. | | 3 EXS 354/L Care & Prevention of Athletic Injuries/Lab | ++++ |
| Social Science - 2 courses required | | 3 EXS 425/L Exer Program for Special Populations/Lab | +++ |
| ABS 203, ANTH 210, 220, 230, CIV 100*, CJUS | | 3 EXS 452 Motor Learning & Development | |
| 201, CMST 201 ECON 201, 202, GEOG 101, 200, 210, 212, 219 , GLST 201, HDFS 141, 210, | | 4 EXS 454/L Biomechanics/Lab | |
| HIST 151*, 152*, 256, 257, INED 211, NATV | ++++ | 2 EXS 462 Exercise Leadership | <u> </u> |
| 110 , POLS 100 *, 102, 141, 165, 210 *, 250, 253, | ┝╶┼╶┤╸╢ | 3 EXS 482 Theory of Strength Training/Conditioning 2 EXS 489 Applied Human Performance | ┽┽┽┥╵ |
| PSYC 101, REL 237, SOC 100, 150, 151, 240, | + + + - 1 | 2 EXS 489 Applied Human Performance 5 EXS 494 Internship | |
| 250, 285, SUST 201 , UHON 111, 210, WMST | | 1 HLTH 251 First Aid & CPR | |
| Arts & Humanities - 2 courses required | | 3 HLTH 422 Nutrition | +++ |
| | | | |
| ARCH 241, ART 111, 112, 121, 123, ARTH | | Select one Specialization | ++++ |
| 100, 121, 211, 212, 231, 251 , ENGL 115, 210, | | Science Specialization = 15 hours | |
| 211, 212, 214, 221, 222, 230, 240, 241, 242, 248, 249, 250, 256, 258, 268, FREN 101, 102, | | (BBS.EXS-SCI) | |
| 201, 202, GER 101, 102, 201, 202 , HIST 111, | | BIOL 101/L Biology Survey I/Lab & | |
| 112, 121, 122 HUM 100, 101, 200, LAKL 101, | | BIOL 103/L Biology Survey II/Lab | |
| 102, 201, 202, MCOM 151, 160, MFL 101, 102, | | 6-8 OR | |
| MUS 100, 117, 130, 131, 200, 201, 203, 240, PHIL 100, 200, 215, 220, 233, 240, 270, 287, | | BIOL 151/L General Biology I/Lab & | |
| REL 213, 224, 225, 238, 250, SPAN 101, 102, | | BIOL 153/L General Biology II/Lab | |
| 201, 202, THEA 100, 131, 200, 201, 231, 270 | | | |
| | | CHEM 106/L Chemistry Survey/Lab | |
| Addl hours in major/minor to most 50% with | T T T | 4 OR CHEM 112/L General Chemistry I/Lab | |
| Addl. hours in major/minor to meet 50% rule Addl. hours to meet 60 from 4-yr Inst. | | | |
| Addl. hours to total 36 upper level | | MATH 281 Introduction to Statistics | |
| Addl. hours to total 120 | | 3 OR | |
| Health Minor - 18 hours | + + + - 1 | PSYC 371 Statistics in Psychological Research | ┽┼┼┤ ╷ |
| 3 HLTH 110 Health Concepts 2 HLTH 201 ATOD Prevention Ed | ┝┼┼┥ | Strength & Conditioning Specialization = 16 hours | ╶┼┼┼┤│ |
| | e major | (BBS.EXS-STC) | ╶┽╶╂╶┨│ |
| 3 HLTH 370 Stress Management | | 3 HLTH 370 Stress Management | |
| 3 HLTH 410 Current Issues in Health | | 3 HLTH 410 Current Issues in Health | |
| 3 HLTH 420 K-12 Mthds HIth Instruction | | 4 EXS 494 Exercise Science Internship | |
| 3 HLTH 422 Nutrition See | e major | 3 PE 300 Applied Sport & Exercise Science 1 PE 100 Weight Training for Life | |
| H | ╆┼┼┥ | 1 PE 100 Weight Training for Life 2 PE 453 Sport Psychology | ┽┽┽┥╵ |
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| TOTALS: | | 86-89 TOTALS: | |