



**Bachelor of Science in Education and Human Sciences**

**Major: Exercise Science**

**2018-2019 Sample 4-Year Plan**

**Total Degree Requirements: 120 credits**

Student \_\_\_\_\_ Student ID# \_\_\_\_\_ Student Phone # \_\_\_\_\_

Advisor \_\_\_\_\_ Minimum GPA 2.00 Minor/Career Interest(s) \_\_\_\_\_

Students are not limited to this plan; it is meant to be used as a guide for planning purposes in consultation with your advisor. The sample schedule is one possible path to completing your degree within four years. For official program requirements, please refer to the [Undergraduate Catalog](#).

**First Year**

**Fall**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHEM 106/112L	Chemistry Survey & Lab or General Chemistry I & Lab (SGR #6)	Preprofessional Students should take 112/114	4		
EHS 119	First Year Seminar		2		
SGR #4	Humanities Arts/Diversity (SGR #4)		3		
SGR #5	Mathematics (SGR #5)	MATH 102 or higher	3		
SPCM 101 or ENGL 101	Fundamentals of Speech (SGR #2) or Composition I (SGR #1)		3		
<b>Total Credit Hours</b>			15		

**Spring**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHEM 108/114/L	Organic and Biochemistry & Lab or General Chemistry II & Lab (SGR 6)	Preprofessional Students should take 112/114 p. CHEM 106/CHEM112	4-5		
HDFS 210	Lifespan Development (SGR 3)		3		
HLTH 220	Social Determinants of Health		3	S	
NURS 201	Medical Terminology	online	1		
SPCM 101 or ENGL 101	Fundamentals of Speech (SGR 2) or Composition I (SGR 1)		3		
Elective	Elective		2		
<b>Total Credit Hours</b>			16-17		

**Second Year**

**Fall**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 221/221L	Human Anatomy & Lab		4		
ENGL 201	Composition II (SGR #1)	p. ENGL 101	3		
NUTR 225	Nutrition for Exercise and Sport		3		
PSYC 101	General Psychology (SGR #3)		3		
SGR #4	Humanities Arts/Diversity (SGR #4)		3		
<b>Total Credit Hours</b>			16		

**Spring**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 325/325L	Human Physiology & Lab	p. 8 credits chemistry & BIOL 221/L	4		
HLTH 250/250L	First Aid and CPR		2		
HSC 200 or 230	Complementary and Alternative Health Care or Stress Management	online	3		
NUTR 315	Human Nutrition	p. 8 credits of chemistry	3		
EXS 354/354L	Prevention & Care of Athletic Injuries		2		
<b>Total Credit Hours</b>			14		

**Information Subject to Change. This is not a contract.**

p. = Course Prerequisite  
Semester: F = Fall, S = Spring, SU = Summer



**Third Year**

**Fall**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHRD 475 or PSYC 417	Wellness Counseling or Health Psychology		2 or 3		
*HLTH 479/479L	Health Promotion Programming & Evaluation		2		
*EXS 380	Professional Development		1		
EXS 350	Exercise Physiology	p. BIOL 221/L & BIOL 325/L	3	F	
CHRD 475 or PSYC 417	Wellness Counseling or Health Psychology		2 or 3		
Elective	Elective		8		
<b>Total Credit Hours</b>			16-17		

**Spring**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
EHS 319	Life, Love, and Money		2		
*NURS 323	Introduction to Pathophysiology		3		
*EXS 367	Health and Human Performance		3	S	
*EXS 400/400L	Exercise Testing and Prescription		3	S	
*EXS 455	ECG and Clinical Stress Testing		3	S	
<b>Total Credit Hours</b>			17		

**Fourth Year**

**Fall**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
*EXS 480	Certification Examination Preparation		1	F	
*HNS 490	Senior Seminar		1	F	
*EXS 494	Internship (Wellness 100 Testing)		1	F	
*PE 395	Practicum		3	F	
*EXS 450	Clinical Exercise Physiology		3	F	
*EXS 454/L	Biomechanics & Lab		3	F	
Elective	Elective		3		
<b>Total Credit Hours</b>			15		

**Spring**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
HLTH 445	Epidemiology (online or face to face)		3		
*EXS 496	Field Experience		3	S	
Elective	Elective	(If needed for 120 credits)	0-6		
<b>Total Credit Hours</b>			5-11		

**Comments/Notes**

Students from all academic majors can pursue graduation with Fishback Honors College distinction. View the [Honors program requirements](#).

Entry into the Exercise Science program at SDSU is a competitive process. Upon completion of the prerequisite classes, all students will need to submit a formal application for admission to the Exercise Science Program. In order to stay on track to graduate in four years, students should plan to apply to the program in their sophomore year and if accepted, officially begin the program the Fall semester of their junior year. The Exercise Science program is a 4 semester (2 year) program that cannot be accelerated due to the structured progression of coursework.

Prior to the start of the Exercise Science Program students must successfully complete a C or better in the following courses:

BIOL 221/221L Human Anatomy and Lab and BIOL 325/325L Human Physiology and Lab.

Students who want to complete HNS 496 (Field Experience) at a location besides Brookings or another commutable location should plan to take HNS 496 in the summer or plan accordingly so they have no other coursework during this semester.

Exercise Science Students must maintain a cumulative GPA of 2.75 and must get a "C" or better in all major coursework designated by \*.