



**BS in Education and Human Sciences**

**Major: Exercise Science**

**2020-2021 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 106/106L or CHEM 112/112L	Chemistry Survey & Lab or General Chemistry I & Lab (SGR #6)	Preprofessional Students should take 112 CHEM 106: p. MATH CHEM 112: p. MATH 114 or higher	4	F	
EHS 119	First Year Seminar		2		
SGR #4	Humanities Arts/Diversity (SGR #4)		3		
MATH 114	College Algebra (SGR #5) or higher	p. placement	3		
SPCM 101 or ENGL 101	Fundamentals of Speech (SGR #2) or Composition I (SGR #1)	ENGL 101: p. Placement	3		
<b>Total Credit Hours</b>			15		

**Spring**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHEM 108/108L or CHEM 114/114L	Organic and Biochemistry & Lab or General Chemistry II & Lab (SGR #6)	Preprofessional Students should take CHEM 114 CHEM 108: p. CHEM 106/L CHEM 114: p. CHEM112/L	4-5	S	
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	Suggested HLTH 100 and PE 100	3		
<b>Total Credit Hours</b>			17-18		

**Summer**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
<b>Total Credit Hours</b>					

**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		
PSYC 101	General Psychology (SGR #3)		3		
SGR #4	Humanities Arts/Diversity (SGR #4)		3		
Elective	Elective		3		
<b>Total Credit Hours</b>			16		



**Spring**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 325/325L	Human Physiology & Lab	p. BIOL 221/L and CHEM 106/L or CHEM 112/L	4		
HLTH 250/250L or HLTH 364/463L	Preprofessional First Aid/CPR & Lab Emergency Medical Tech & Lab	HLTH 364: p. Written consent (current CPR certification at the level of BLS Healthcare Provider (American Heart Association))	2 Or 4		
NUTR 315	Human Nutrition	p. CHEM 106 and CHEM 108 or CHEM 112 and CHEM 114	3		
EXS 354/354L	Prevention & Care of Athletic Injuries & Lab		2		
Elective	Elective		3		
		<b>Total Credit Hours</b>	14-16		

**Summer**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
		<b>Total Credit Hours</b>			

**Third Year**

**Fall**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHRD 475	Motivational Interviewing and Wellness Counseling		3		
*HLTH 479/479L	Health Promotion Programming & Evaluation & Lab		2		
*EXS 380	Professional Development		1		
*EXS 350	Exercise Physiology	p. BIOL 221/L	3	F	
Elective	Elective		6		
		<b>Total Credit Hours</b>	15		

**Spring**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
EHS 319	Life, Love, and Money		2		
*NURS 323	Introduction to Pathophysiology	p. BIOL 325	3		
*EXS 367/367L	Health and Human Performance & Lab	p. EXS 350	3	S	
*EXS 400/400L	Exercise Testing and Prescription & Lab	p. EXS 350	3	S	
*EXS 455	ECG and Clinical Stress Testing		3	S	
Elective	Elective		3		
		<b>Total Credit Hours</b>	17		

**Summer**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
		<b>Total Credit Hours</b>			

**Fourth Year**

**Fall**

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
*EXS 480	Certification Examination Preparation		1	F	
*EXS 494	Internship		2	F	
*EXS 420/420L	Group Exercise and Facility Management & Lab	p. EXS 400/L	2	F	
*EXS 450	Clinical Exercise Physiology	p. EXS 450	3	F	
*EXS 454/454L	Biomechanics & Lab	p. BIOL 221	3	F	
Elective	Elective		6		
		<b>Total Credit Hours</b>	17		

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

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



**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)	3		
		<b>Total Credit Hours</b>	9		

**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 EXS 496 (Field Experience) at a location besides Brookings or another commutable location should plan to take EXS 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 \*.