South Dakota State University

Bachelor of Science
Major: Exercise Science
2025-2026 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 CHEM 112/112L CHEM 106: p. or concurrent enrollment in MATH 095 or higher CHEM 112: p. or concurrent enrollment in MATH 114 or higher	4	F	
CMST 101 or ENGL 101	Foundations of Communication (SGR #2) or Composition I (SGR #1)	ENGL 101: p. Placement	3		
EHS 119	First Year Seminar		2		
MATH 114	College Algebra (SGR #5) or higher	p. placement	3		
SGR #4	Arts & Humanities (SGR #4)		3		
		Total Credit Hours	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 106/106L CHEM 114: p. CHEM 112/112L	4-5	S	
CMST 101 or ENGL 101	Fundamentals of Speech (SGR #2) or Composition I (SGR #1)		3		
EXS 101	Introduction to Exercise Science	Suggested elective	2	S	
HDFS 210	Lifespan Development (SGR# 3)		3		
HLTH 220	Social Determinants of Health		3	S	
NURS 201	Medical Terminology	online	1		
		Total Credit Hours	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		
PSYC 101	General Psychology (SGR #3)		3		
SGR #4	Arts & Humanities (SGR #4)		3		
Elective	Elective		3		
		Total Credit Hours	16		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 325/325L	Human Physiology & Lab	p. BIOL 221/221L and CHEM 106/106L or CHEM 112/112L	4		
EXS 354	Prevention & Care of Athletic Injuries		2		
EXS 354L	Prevention & Care of Athletic Injuries Lab		1		
HLTH 250 or HLTH 364/463L	Preprofessional First Aid/CPR (2) Emergency Medical Tech & Lab (3,1)	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 106/106L or CHEM 112/112L	3		
Elective	Elective		3		
		Total Credit Hours	14-16		

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
EXS 350	Exercise Physiology	p. BIOL 221/221L	3	F	
EXS 380	Professional Development		1	F	
EXS 400	Exercise Testing and Prescription		2	F	
EXS 400L	Exercise Testing and Prescription Lab		1		
HLTH 479	Health Promotion Programming & Evaluation		2	F	
Elective	Elective		3		
		Total Credit Hours	12		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
EHS 319	Life, Love, and Money		2		
EXS 367	Health and Human Performance	p. EXS 350	2	S	
EXS 367L	Health and Human Performance Lab	p. EXS 350	1		
EXS 455	ECG and Clinical Stress Testing		3	S	
EXS 454	Biomechanics	p. BIOL 221/221L	2	S	
EXS 454 L	Biomechanics Lab	p. BIOL 221/221L	1		
NURS 323	Introduction to Pathophysiology	p. BIOL 325/325L	3		
Elective	Elective		3		
		Total Credit Hours	17		

FOURTH YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHRD 475 Or HLTH 405	Motivational Interviewing and Wellness Counseling Health Coaching Concepts	Online	3		
EXS 420	Group Exercise and Facility Management	p. EXS 400/400L	1	F	
EXS 420L	Group Exercise and Facility Management Lab	p. EXS 400/400 L	1		
EXS 450	Clinical Exercise Physiology	p. EXS 450	3	F	
EXS 480	Certification Examination Preparation		1	F	
EXS 494	Internship		2	F	
SGR #3	Social Sciences (SGR #3)	Select from the designated list of courses to fulfill civics requirement	3		
		Total Credit Hours	14		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
HSC 445	Epidemiology	online	3		
EXS 496	Field Experience		3	S	
Elective	Elective	(If needed for 120 credits)	6		
		Total Credit Hours	12		

COMMENTS/NOTES

Students from all academic majors can pursue graduation with Fishback Honors College distinction. View the Honors program requirements.

Students who declare Exercise Science as a chosen major must meet minimum grade requirements in key courses to progress through the program. Progression to the 300 and 400 level exercise science courses (with the exception of EXS 354) requires successful completion with a grade of C or better in the following courses: BIOL 221 - Human Anatomy (COM), BIOL 221L - Human Anatomy Lab (COM), BIOL 325 - Physiology (COM), and BIOL 325L - Physiology Lab (COM) and GPA of 2.75 or higher. To stay on track to complete the program in 4 years students should complete the BIOL 221 - Human Anatomy (COM), BIOL 221L - Human Anatomy Lab (COM), BIOL 325 - Physiology (COM), and BIOL 325L - Physiology Lab (COM) **prior** to the start of the fall semester of their junior year.

A minimum final grade of "C" is required in all Major Requirements courses. Students must maintain a cumulative GPA of 2.75 or higher to progress/graduate from the program.