

Exercise Science

Bachelor of Science (B.S.)



Learn From The Best

The Exercise Science program at BHSU prepares students for successful careers in strength and conditioning, personal training, health-related fitness and graduate programs in allied health such as Physical Therapy, Occupational Therapy, Athletic Training, Exercise Physiology, Cardiac Rehabilitation, and Nursing.

BHSU students have the opportunity to work with professors who have years of experience in the fields of health, strength and conditioning, and physical therapy.

Our program offers excellent internship opportunities on and off campus, to prepare students for various career opportunities.

Prepare For Your Future

Our graduates who have attended graduate schools across the country are always willing to talk to our current students and offer advice. Some of the recent graduate schools attended by BHSU graduates:

- University of Montana
- University of South Dakota
- University of Mary
- University of North Dakota
- University of Utah
- University of St. Augustine for Health Sciences
- University of Nebraska Medical Center
- Mayo School of Health Sciences
- College of Saint Mary

Develop Your Skills

In the exercise science program the skills students develop include:

- Manual Muscle Testing
- Motion Analysis
- Goniometry
- Body Composition
- Functional Movement Screen
- Fitness Assessment
- Exercise programming for specific populations
- Strength and conditioning program development
- Biomechanics
- Prevention and care of athletic injuries

find your career:

There are many career options for our BHSU Exercise Science graduates:

- Group Fitness Instructor
- Exercise Physiologist Researcher
- Exercise Specialist with Cardiac Rehabilitation
- Physical Therapy
- Occupational Therapy
- Recreation Director
- Strength and Conditioning Coach
- Personal Trainer
- Entrepreneur
- Massage Therapy
- Diabetes Education
- Small Business Owner
- Nursing

connect with us



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Required Core

- 1cr **EXS 101** The Exercise Science Major
- 2cr **EXS 130** Basic Medical Terminology
- 4cr **EXS 250** Human Anatomy & Physiology **AND 250L** Lab
- 3cr **EXS 280** Fitness Assessment **AND 280L** Lab
- 3cr **EXS 300** Intro to Research
- 4cr **EXS 350** Exercise Physiology **AND 350L** Lab
- 4cr **EXS 353** Kinesiology **AND 353L** Lab
- 3cr **EXS 354** Care & Prevention of Athletic Injuries **AND 354L** Lab
- 3cr **EXS 452** Motor Learning & Development

- 4cr **EXS 454** Biomechanics **AND 454L** Lab
- 2cr **EXS 462** Exercise Leadership
- 3cr **EXS 482** Theory of Strength Training & Conditioning
- 2cr **EXS 489** Applied Human Performance
- 5cr **EXS 494** Internship
- 1cr **HLTH 251** First Aid & CPR
- 3cr **HLTH 370** Stress Management
- 3cr **HLTH 422** Nutrition
- 3cr **HLTH 425** Exercise Programming for Special Populations **AND 425L** Lab

Select 1 Specialization

Science

- 4cr **BIOL 101** Biology Survey I **AND 101L** Lab **AND**
- 4cr **BIOL 103** Biology Survey II **AND 103L** Lab

OR

- 4cr **BIOL 151** General Biology I **AND 151L** Lab **AND**
- 4cr **BIOL 153** General Biology I **AND 153L** Lab

- 4cr **CHEM 106** Chemistry Survey **AND 106L** Lab **OR**
- 4cr **CHEM 112** General Chemistry I **AND 112L** Lab

- 3cr **MATH 281** Introduction to Statistics **OR**
- 3cr **PSYC 371** Statistics in Psychological Research

Management

- 3cr **BADM 334** Small Business Management
- 3cr **BADM 336** Entrepreneurial Studies I

- 3cr **BADM 360** Organization & Management **OR**
- 3cr **BADM 438** Entrepreneurial Studies II

- 3cr **BADM 370** Marketing
- 3cr **OE 376** Technology Integration

General Education Requirements

- Gen Ed **Mathematics** 3 semester hours
- Gen Ed **Social Science** 6 semester hours
- Gen Ed **Arts & Humanities** 6 semester hours
- Gen Ed **Natural Science AND Lab** 6-10 semester hours
- ENGL 101 Composition I
- ENGL 201 Composition II
- SPCM 101 **OR** SPCM 215 **OR** SPCM 222 **Speech**

A *minor* is NOT required with this major but electives are required to total 120 hours, of which 36 hours must be 300/400 level courses.

**Completes one general education requirement.