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

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

1.800.ALL.BHSU
www.BHSU.edu/ExerciseScience
facebook.com/BlackHillsState
twitter.com/BlackHillsState
YouTube.com/BlackHillsState
www.BHSU.edu/Connect
Exercise Science
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 OR
4cr BIOL 103  Biology Survey II AND 103L 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.

Note: Updated on July 18, 2017
Notes: This program guide serves as a resource for you. For official program requirements, please check with the official catalog at http://catalog.bhsu.edu.