Major: **Exercise Science**
2023-2024 - Status Sheet
Minor:
Degree: **Bachelor of Science**

120 hours are required to graduate
36 hours of upper level are required

BBS.EXS-SCI
BBS.EXS-STC
Prepared by:
Phone #:
Date:

Exit Exam: PE 462

BLACK HILLS STATE UNIVERSITY

NAME:

ID or SSN:

Gen Ed Requirements

			Has 100/200	Has 300/400	Needs 100/200	Needs 300/400
3	ENGL	101 Composition I				
3	ENGL	201 Composition II				
3	CMST	101 215 222				
3	MATH: 103, 104, 114, 115, 120, 121, 123, 281					
3-5	Natural Science & Lab					
3-5	Natural Science & Lab					

SOCIAL SCIENCE: take 2 courses from two different subject areas.
ARTS & HUMANITIES: take 2 courses from two different subject areas (ART/H are the same subject), or a Foreign Language Sequence

Social Science - 2 courses required

ABS 203 ANTH 210, 220, 230 CJUS 201 CMST 201 ECON 201, 202 GEOG 101, 200, 210, 212, 219 GLST 201 HDFS 141, 210 HIST 151, 152, 256, 257 INED 211 INFO 102 NATV 110 POLS 100, 102, 141, 165, 210, 250, 253 PSYC 101 REL 237 SOC 100, 150, 151, 240, 250, 285 SUST 201 UHON 111, 210 WMST 101, 247

Arts & Humanities - 2 courses required

ARAB 101, 102 ARCH 241 ART 111, 112, 121, 123 ARTH 100, 120, 121, 211, 212, 231, 251 CHIN 101, 102 ENGL 115, 125, 210, 211, 212, 214, 221, 222, 230, 240, 241, 242, 248, 249, 250, 256, 258, 268 FREN 101, 102, 201, 202 GER 101, 102, 201, 202 GFA 101 GREE 101, 102 HIST 111, 112, 121, 122 HUM 100 200 LAKL 101, 102, 201, 202 LATI 101, 102 MCOM 151, 160 MFL 101, 102 MUS 100, 117, 130, 131, 200, 201, 203, 240 PHIL 100, 200, 215, 220, 233, 240, 270, 287 REL 213, 224, 225, 238, 250 RUSS 101, 102 SPAN 101, 102, 201, 202 THEA 100, 131, 200, 201, 231, 270

	Has	Needs
Addl. hours in major/minor to meet 50% rule		
Addl. hours to meet 60 from 4-yr Inst.		
Addl. hours to total 36 upper level		
Addl. hours to total 120		

Major Requirements

Required Core = 55 hours

				Has 100/200	Has 300/400	Needs 100/200	Needs 300/400
2	EXS	101	The Exercise Science Major				
4	EXS	250/L	Human Anatomy & Physiology/Lab				
3	EXS	280/L	Fitness Assessment/Lab				
3	EXS	285	Exercise & Chronic Disease				
3	EXS	286	Medical Word Origins				
3	EXS	300	Intro to Research				
4	EXS	350/L	Exercise Physiology/Lab				
4	EXS	353/L	Kinesiology/Lab				
3	EXS	354/L	Care & Prevention of Athletic Injuries/Lab				
3	EXS	425/L	Exer Program for Special Populations/Lab				
3	EXS	452	Motor Learning & Development				
4	EXS	454/L	Biomechanics/Lab				
2	EXS	462	Exercise Leadership				
3	EXS	482	Theory of Strength Training/Conditioning				
2	EXS	489	Applied Human Performance				
5	EXS	494	Internship				
1	HLTH	251	First Aid & CPR				
3	HLTH	422	Nutrition				

Select one Specialization

Science Specialization = 13-15 hours
(BBS.EXS-SCI)

			Has	Needs
6-8	BIOL 101/L Biology Survey I/Lab **&** BIOL 103/L Biology Survey II/Lab **OR** BIOL 151/L General Biology I/Lab **&** BIOL 153/L General Biology II/Lab			
4	CHEM 106/L Chemistry Survey/Lab **OR** CHEM 112/L General Chemistry I/Lab			
3	MATH 281 Introduction to Statistics **OR** PSYC 371 Statistics in Psychological Research			

Strength & Conditioning Specialization = 16 hours
(BBS.EXS-STC)

				Has	Needs
3	HLTH	370	Stress Management		
3	HLTH	410	Current Issues in Health		
4	EXS	494	Exercise Science Internship		
3	PE	300	Applied Sport & Exercise Science		
1	PE	100	Weight Training for Life		
2	PE	453	Sport Psychology		

TOTALS: 68-71   TOTALS: