



BLACK HILLS
STATE UNIVERSITY

Major: **Exercise Science**
2023-2024 - Status Sheet

Minor: **Athletic Coaching**
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

NAME: _____

		Has		Needs	
		100	300	100	300
		200	400	200	400
Gen Ed Requirements					
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				
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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					
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					
Minor in Athletic Coaching - 19 hours					
4	EXS 250/L Human A & P & Lab				
3	EXS 354/L Prev/Care of Ath Inj & Lab				
3	HLTH 422 Nutrition				
3	PE 300 Applied Sport/Exercise Sci				
2	take one of the following				
	PE 469 Coaching Baseball/Softball				
	PE 470 Coaching Basketball				
	PE 471 Coaching Football				
	PE 473 Coaching Track/Field				
	PE 475 Coaching Volleyball				
4	take two of the following				
	PE 440 Org. & Admin of HPER/A				
	PE 453 Sport Psychology				
	PE 4xx Coaching Methods (not previously used above)				
+	(If Necessary) Additional hours in minor to meet 50% rule				
TOTALS:					

		Has		Needs	
		100	300	100	300
		200	400	200	400
Major Requirements					
Required Core = 55 hours					
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)					
	BIOL 101/L Biology Survey I/Lab &				
	BIOL 103/L Biology Survey II/Lab				
6-8	OR				
	BIOL 151/L General Biology I/Lab &				
	BIOL 153/L General Biology II/Lab				
	CHEM 106/L Chemistry Survey/Lab				
4	OR				
	CHEM 112/L General Chemistry I/Lab				
	MATH 281 Introduction to Statistics				
3	OR				
	PSYC 371 Statistics in Psychological Research				
Strength & Conditioning Specialization = 16 hours					
(BBS.EXS-STC)					
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:					

ID or SSN: _____