



**BLACK HILLS**  
STATE UNIVERSITY

Major: **Exercise Science**  
**2025-2026 - 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

NAME:

		Has		Needs				Has		Needs	
		100	300	100	300			100	300	100	300
		200	400	200	400			200	400	200	400
<b>Gen Ed Requirements</b>						<b>Major Requirements</b>					
<b>3 ENGL 101 Composition I</b>						<b>Required Core = 55 hours</b>					
<b>3 ENGL 201 Composition II</b>						<b>2 EXS 101 The Exercise Science Major</b>					
<b>3 CMST 101 215 222</b>						<b>4 EXS 250/L Human Anatomy &amp; Physiology/Lab</b>					
<b>3 MATH: 103, 104, 114, 115, 120, 121, 123, 281</b>						<b>3 EXS 280/L Fitness Assessment/Lab</b>					
<b>3-5 Natural Science &amp; Lab</b>						<b>3 EXS 285 Exercise &amp; Chronic Disease</b>					
<b>3-5 Natural Science &amp; Lab</b>						<b>3 EXS 286 Medical Word Origins</b>					
<b>SOCIAL SCIENCE:</b> take 2 courses from two different subject areas, 1 must be an * course - Civics Requirement. <b>ARTS &amp; HUMANITIES:</b> take 2 courses from two different subject areas, (ART/H) are same subject) or a Foreign Language sequence.						<b>3 EXS 300 Intro to Research</b>					
<b>Social Science - 2 courses required</b>						<b>4 EXS 350/L Exercise Physiology/Lab</b>					
ABS 203, ANTH 210, 220, 230, <b>CIV 100*</b> , CJUS 201, CMST 201 ECON 201, 202, GEOG 101, 200, 210, 212, 219, GLST 201, HDFS 141, 210, <b>HIST 151*</b> , <b>152*</b> , 256, 257, INED 211, NATV 110, <b>POLS 100*</b> , 102, 141, 165, <b>210*</b> , 250, 253, PSYC 101, REL 237, SOC 100, 150, 151, 240, 250, 285, SUST 201, UHON 111, 210, WMST 247						<b>4 EXS 353/L Kinesiology/Lab</b>					
<b>Arts &amp; Humanities - 2 courses required</b>						<b>3 EXS 354/L Care &amp; Prevention of Athletic Injuries/Lab</b>					
ARCH 241, ART 111, 112, 121, 123, ARTH 100, 121, 211, 212, 231, 251, ENGL 115, 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, HIST 111, 112, 121, 122 HUM 100, 101, 200, LAKL 101, 102, 201, 202, 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, SPAN 101, 102, 201, 202, THEA 100, 131, 200, 201, 231, 270						<b>3 EXS 425/L Exer Program for Special Populations/Lab</b>					
<b>Addl. hours in major/minor to meet 50% rule</b>						<b>3 EXS 452 Motor Learning &amp; Development</b>					
<b>Addl. hours to meet 60 from 4-yr Inst.</b>						<b>4 EXS 454/L Biomechanics/Lab</b>					
<b>Addl. hours to total 36 upper level</b>						<b>2 EXS 462 Exercise Leadership</b>					
<b>Addl. hours to total 120</b>						<b>3 EXS 482 Theory of Strength Training/Conditioning</b>					
						<b>2 EXS 489 Applied Human Performance</b>					
						<b>5 EXS 494 Internship</b>					
						<b>1 HLTH 251 First Aid &amp; CPR</b>					
						<b>3 HLTH 422 Nutrition</b>					
						<b>Select one Specialization</b>					
						<b>Science Specialization = 13-15 hours</b>					
						(BBS.EXS-SCI)					
						BIOL 101/L Biology Survey I/Lab &					
						BIOL 103/L Biology Survey II/Lab					
						<b>OR</b>					
						BIOL 151/L General Biology I/Lab &					
						BIOL 153/L General Biology II/Lab					
						<b>OR</b>					
						CHEM 106/L Chemistry Survey/Lab					
						<b>OR</b>					
						CHEM 112/L General Chemistry I/Lab					
						MATH 281 Introduction to Statistics					
						<b>OR</b>					
						PSYC 371 Statistics in Psychological Research					
						<b>Strength &amp; Conditioning Specialization = 16 hours</b>					
						(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					
<b>TOTALS:</b>						<b>TOTALS:</b>					