

EXERCISE SCIENCE

Exercise Science

College of Allied Health & Nursing

Department of Human Performance

1400 Highland Center • 507-389-6313

Website: www.mnsu.edu/dept/colahn/hp.html

Chair: Garold Rushing

The Exercise Science major is recognized by the National Strength and Conditioning Association for successfully meeting established educational criteria in strength and conditioning. It is a broad-based, science-oriented major that prepares students to create effective exercise prescriptions and to oversee exercise programs for normally healthy individuals. An Exercise Science major also prepares students for admission to graduate programs in Exercise Physiology, Cardiac Rehabilitation, Sports Psychology, and related areas. Students who have also completed the pre-physical or pre-occupational therapy concentrations in addition to this major have successfully gained admission to graduate programs in those areas.

Exercise Science students are not required to complete a minor but many choose to obtain one to gain additional training or expertise.

BIOL	466	Principles of Pharmacology (3)
CHEM	320	Organic Chemistry I (5)
CHEM	321	Organic Chemistry II (3)
CHEM	360	Principles of Biotechnology (4)
HLTH	210	First Aid & CPR (3)
HLTH	321	Medical Terminology (3)
HLTH	451	Emotional Health and Stress (3)
HLTH	455	Health and Aging (3)
FCS	446	Lifespan Nutrition (3)
PSYC	433	Child Psychology (4)
PSYC	436	Adolescent Psychology (4)
PSYC	451	Methods of Enhancing Performance (3)
PSYC	455	Abnormal Psychology (4)
PSYC	460	Psychology of Women (3)
PSYC	466	Psychology of Aging (3)

Required for Minor: None

EXERCISE SCIENCE, BS

Required General Education (13 credits)

BIOL	220	Human Anatomy (4)
BIOL	230	Human Physiology (4)
CHEM	111	Chemistry of Life Processes (5)
HP	290	Psycho-Social Aspects of Sport (3)
IT	100	Introduction to Computing and Applications (4)
MATH	112	College Algebra (4)
MATH	113	Trigonometry (3)

Major Common Core

HP	348	Structural Kinesiology and Biomechanics (3)
HP	403	Measurement & Evaluation in Human Performance (3)
HP	405	Adapted Physical Activity (3)
HP	414	Physiology of Exercise (3)
HP	439	Nutrition for Physical Activity and Sport (3)
HP	456	Athletic Testing and Conditioning (2)
HP	466	Graded Exercise Testing and Exercise Prescription (3)
HP	467	Exercise Program Development and Administration (2)
HP	496	Internship (6)

Major Restricted Electives

(Choose 4 credits from the following)

HP	166	Team Game Skills (1)
HP	174	Individual Dual Activities (1)
HP	175	Fitness Activities (1)
HP	176	Lifetime Activities I (1)
HP	177	Lifetime Activities II (1)
HP	178	Social, Folk and Square Dance Techniques (1)
HP	182	Aquatic Skills (1)

Major Unrestricted Electives

(Choose 15 credits from the following)

HP	340	Prevention and Care (2)
HP	413	Lifespan Motor Development (1-2)
HP	421	Teaching Sport to Individuals with Disabilities (2)
HP	441	Organize & Administer (2)
HP	483	Cardiac Rehabilitation (3)
BIOL	320	Cell Biology (4)
BIOL	324	Neurobiology (3)
BIOL	380	Blood Banking/Urinalysis (3)
BIOL	417	Biology of Aging and Chronic Diseases (3)
BIOL	433	Cardiovascular Physiology (3)
BIOL	438	General Endocrinology (3)