

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.

EXERCISE SCIENCE, BS

Required General Education

CHEM	111	Chemistry of Life Processes (5)
HP	291	Concepts of Fitness (2)
IT	100	Introduction to Computing and Applications (4)
(Choose one of the following MATH courses 3-4 credits)		
MATH	112	College Algebra (4)
MATH	113	Trigonometry (3)
MATH	115	Precalculus Mathematics (4)

Major Common Core

BIOL	220	Human Anatomy (4)
BIOL	330	Principles of Human Physiology (4)
HP	160	Introduction to Human Performance Studies (2)
HP	290	Psycho-Social Aspects of Sport (3)
HP	348	Structural Kinesiology and Biomechanics (3)
HP	414	Physiology of Exercise (3)
(Choose one of the following courses 3 credits)		
HP	403	Measurement & Evaluation in Human Performance (3)
STAT	154	Elementary Statistics (3)

Major Restricted Electives

(Please select 4 credits from these activity classes)

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

HP	292	Group Exercise Instruction (2)
HP	467	Worksite Wellness Program Development (3)
(Choose 15 credits) Other courses may be taken with consent of your advisor.		
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	466	Principles of Pharmacology (3)
BIOL	474	Immunology (4)

CHEM	320	Organic Chemistry I (5)
CHEM	321	Organic Chemistry II (3)
CHEM	360	Principles of Biochemistry (4)
FCS	440	Nutrition II (3)
FCS	446	Lifespan Nutrition (3)
HLTH	210	First Aid & CPR (3)
HLTH	321	Medical Terminology (3)
HLTH	451	Stress and Health (3)
HLTH	455	Health and Aging (3)
HP	340	Prevention and Care (2)
HP	341	Athletic Training Techniques (3)
HP	413	Lifespan Motor Development (2)
HP	415	Advanced Sports Medicine (2)
HP	421	Teaching Sport to Individuals with Disabilities (2)
HP	440	Medical Aspects of Athletic Training (3)
HP	441	Organize & Administer (2)
HP	451	Principles of Coaching (3)
HP	470	Psychology of Coaching (3)
HP	472	Psychology of Sport and Athletic Injuries (3)
PSYC	433	Child Psychology (4)
PSYC	436	Adolescent Psychology (4)
PSYC	455	Abnormal Psychology (4)
PSYC	460W	Psychology of Women (3)
PSYC	466	Psychology of Aging (3)

Major Emphasis: General Training Tract

Students must complete 3 credits of HP 496, which can be split across semesters.

HP	439	Nutrition for Physical Activity and Sport (3)
HP	456	Athletic Testing and Conditioning (2)
HP	465	Legal Aspects of Physical Education and Sport (3)
HP	466	Graded Exercise Testing and Exercise Prescription (3)
HP	486	Small Group Personal Training (3)
HP	496	Internship (1-10)

Major Emphasis: Personal Training Tract

Students must complete 3 credits of HP 496, which can be split across semesters.

HP	439	Nutrition for Physical Activity and Sport (3)
HP	456	Athletic Testing and Conditioning (2)
HP	465	Legal Aspects of Physical Education and Sport (3)
HP	466	Graded Exercise Testing and Exercise Prescription (3)
HP	486	Small Group Personal Training (3)
HP	496	Internship (1-10)

Required Minor: None.