

COLLEGE OF HUMAN DEVELOPMENT & EDUCATION

MAJOR: EXERCISE SCIENCE

ACADEMIC YEAR: 2013-2014

DEGREE TYPE: B.A. or B.S.

REQUIRED DEGREE CREDITS TO GRADUATE: 122

GENERAL EDUCATION REQUIREMENTS – 40 CREDITS

Lower Division Requirements – 37 Credits

First Year Experience (F) - 1 Credit

HD&E	189	Skills for Academic Success	1 cr
Students transferring in 24 or more credits do not need to take HD&E 189.			

Communication (C) - 9 Credits

ENGL	110	College Composition I	3 cr
ENGL	120	College Composition II	3 cr
COMM	110	Fundamentals of Public Speaking	3 cr

Quantitative Reasoning (R) - 3 Credits

STAT	330	Introductory Statistics	3 cr
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Science & Technology (S) - 10 Credits

*BIOL	220/L	Human Anatomy & Physiology I/Lab	3/1 cr
*CHEM	121	General Chemistry I	3 cr
CSCI	114 or 116	Microcomputer Packages Business Use of Computers	3 or 4 cr

Humanities & Fine Arts (A) - 6 Credits

Select from current general education courses www.ndsu.edu/registrar/gened/

Social & Behavioral Sciences (B) - 6 Credits

PSYC	111	Introduction to Psychology	3 cr
PSYC	211	Introduction to Behavior Modifications	3 cr

Wellness (W) - 2 Credits

HNES	250	Nutrition Science	3 cr
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Cultural Diversity (D)

Select from current general education courses www.ndsu.edu/registrar/gened/

Global Perspectives (G)

Select from current general education courses www.ndsu.edu/registrar/gened/

Upper Division Requirements - Writing – 3 Credits

Select from current general education courses www.ndsu.edu/registrar/gened/

EXERCISE SCIENCE REQUIREMENTS – 59 CREDITS

BIOL	221/L	Human Anatomy & Physiology II/Lab	3/1 cr
*CHEM	121L	General Chemistry I Lab	1 cr
CHEM	122/L	General Chemistry II/Lab	3/1 cr
*HNES	170	Intro to Exercise Science	2 cr
HNES	210	CPR/First Aid	2 cr
HNES	365	Kinesiology	3 cr
HNES	368	Biomechanics of Exercise	3 cr
HNES	370	Exercise and Disease	3 cr
HNES	371	Worksite Health Promotion	3 cr
HNES	374	Methods/Resist Training & Cardio Con	3 cr
HNES	375	Research Methods and Design in ES	3 cr
HNES	465	Physiology of Exercise	3 cr
HNES	466	Physiology Exercise Lab	1 cr
HNES	472	Exercise Assessment and Prescription	3 cr
HNES	475	Exercise Science Internship (Capstone)	12 cr
HNES	476	Exercise Testing Laboratory	2 cr
HNES	491	Seminar/ES Internship	1 cr
HNES	496	Field Experience	1 cr
HNES	496	Field Experience	1 cr
PHYS	211	College Physics I	3 cr
PHYS	211L	College Physics I Lab	1 cr

Department Requirements

BIOL 220/220L, CHEM 121, PSYC 111 and 211, and HNES 250 are listed in the Science & Technology, Social & Behavioral Sciences, and Wellness categories of general education.

DEGREE REQUIREMENTS – 22 CREDITS TO REACH 122

Degree Requirements and Notes:

- A cumulative GPA of 3.00 is required for graduation. No more than two grades of 'C' may be received in Exercise Science curriculum courses.
- With the exception of field experience and internships, courses under the Exercise Science requirements may not be taken Pass/Fail.
- *Requires a grade of 'B' or better.

Bachelor of Arts (BA) Degree – An additional 6 credits of Humanities and Social Sciences and two years of one modern foreign language at the college level or equivalent are required.