

**BACHELOR OF SCIENCE
HEALTH AND HUMAN PERFORMANCE
EXERCISE SCIENCE**

GSU 100 The First Year Experience 0 hour
All degree seeking students are required to take GSU 100 during their first semester.

General Education Requirements 30 hours
Students must complete BIOL 120, MATH 115, and PSYC 201 as part of the General Education requirements.

Health and Human Performance Core 24 hours

BIOL	120	Principles of Biology I	
EXSC	455	Psychology of Exercise	3
EXSC	493	Practicum	6
HLTH	101	Introduction to Health and Human Performance	3
HLTH	105	Human Nutrition	3
HLTH	293	Lifetime Fitness and Wellness (Gateway Course)	3
MATH	115	College Algebra	
MATH	256	Probability and Statistics I	3
PED	201	First Aid and Safety	1
PED	333	Motor Learning and Development	2
PSYC	201	General Psychology	

Exercise Science Major 49 hours

EXSC	350	Orthopedic Evaluation of the Lower Extremity	4
EXSC	351	Orthopedic Evaluation of the Upper Extremity	4
EXSC	370	Rehabilitation Techniques for Orthopedic Injuries	3
EXSC	375	Strength and Conditioning Leadership	3
EXSC	410	Exercise for Populations with Chronic Conditions	2
EXSC	465	Exercise Testing & Prescription	4
HLTH	107	Introduction to Medical Terminology	3
HLTH	230	Anatomy & Physiology I	4
HLTH	231	Anatomy & Physiology II	4
HLTH	425	Wellness Programming and Administration	3
HLTH	435	Research Methods in Health and Human Performance	3
PED	332	Kinesiology	3
PED	421	Exercise Physiology	3
PSYC	105	Interviewing and Counseling	3
SOCL	342	Health Disparities in Vulnerable Populations	3

General Electives 17 hours

Total minimum hours required for degree 120 hours

GATEWAY ASSESSMENT – HLTH 293

CAPSTONE ASSESSMENT – EXSC 493

**BS: HEALTH AND HUMAN PERFORMANCE
EXERCISE SCIENCE
SUGGESTED PLAN OF STUDY**

*Students with ACT MATH score of 20 or lower, or SAT MATH score of 520 or lower must take MATH 108 in the fall semester.

FIRST YEAR*

CART 101.....	3	ART 200 (OR) MUSC 200	2
ENGL 101.....	3	BIOL 120.....	4
GSU 100.....	0	ENGL 102.....	3
HIST 201, 202, 207, 208 (OR) POSC 203.....	3	HLTH 107.....	3
HLTH 101.....	3	MATH 115.....	3
HLTH 105.....	3	Total Hours - Spring Semester.....	15
Total Hours - Fall Semester	15		

SECOND YEAR

ENGL 203, 204, 205, (OR) 206	3	HLTH 231.....	4
HIST 201, 202, 207, 208 (OR) POSC 203.....	3	HLTH 293.....	3
HLTH 230.....	4	PED 201	1
MATH 256.....	3	PSYC 201	3
PSYC 105	3	GENERAL ELECTIVE	3
Total Hours - Fall Semester	16	Total Hours - Spring Semester.....	14

THIRD YEAR

EXSC 350	4	EXSC 351	4
EXSC 375	3	EXSC 465	4
PED 333	2	PED 332	3
PED 421	3	SOCL 342	3
GENERAL ELECTIVE	4	Total Hours - Spring Semester.....	14
Total Hours - Fall Semester	16		

FOURTH YEAR

EXSC 455	3	EXSC 370.....	3
HLTH 425	3	EXSC 410.....	2
HLTH 435.....	3	EXSC 493**.....	6
GENERAL ELECTIVES	7	GENERAL ELECTIVES	3
Total Hours - Fall Semester	16	Total Hours - Spring Semester	14

** Students who have completed 90 or more credit hours may elect to take EXSC 493 during the summer after their third or fourth year. EXSC 493 may be split into two 3-credit courses taken during different semesters.