**Winona State University - Movement Science Major**

### General Education

#### Lower-Division Requirements (55 SH)

<table>
<thead>
<tr>
<th>Goal 1: Communication (7 SH)</th>
<th>Core Requirements (41 S.H.)</th>
<th>Movement Science Option (55-56 SH)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core Requirements (41 S.H.)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. College Reading &amp; Writing (4 SH)</td>
<td>205 Nutrition for Lifetime Wellness, 3</td>
<td>HERS 364 Practicum 1 in Movement Science, 1</td>
</tr>
<tr>
<td>ENG 111 College Reading &amp; Writing</td>
<td>2015</td>
<td>HERS 389 Strength &amp; Conditioning Princ. &amp; Prog., 3</td>
</tr>
<tr>
<td>B. Oral Communication (3 SH)</td>
<td>280 Foundations of Exercise Science, 3</td>
<td>HERS 464 Winona Survivors Unite in Ex. Practicum, 1</td>
</tr>
<tr>
<td>CMST 191 Introduction to Public Speaking</td>
<td>291 Prevention &amp; Care of Athletic Injuries, 2</td>
<td>*MATH 120 Precalculus, 4</td>
</tr>
<tr>
<td>CMST 192 Intro to Speech Communication</td>
<td>314 Anatomical Kinesiology, 3</td>
<td>*PSY 210 Introduction to Psychological Science, 3</td>
</tr>
</tbody>
</table>

#### Goal 2: Critical Thinking (3 SH)

- 340 Physiology of Exercise, 4
- 360 Nutrition for the Physically Active, 3
- 380 Lab Methods in Exercise Science, 4

#### Goal 3: Natural Sciences (7 SH)

- *BIOL 211 Anatomy & Physiology I, 4
- *BIOL 212 Anatomy & Physiology II, 4
- 361 Pharmacology for Non-nursing Majors, 1
- 370 Mechanical Kinesiology, 3
- 380 Lab Methods in Exercise Science, 4

#### Goal 4: Mathematics/Logical Reason (3-4 SH)

- *MATH 120 Precalculus, 4
- 110 Fund. of Statistics, 3

#### Goal 5: History/ Social/ Behavioral Sciences (9 Credits)

- *SOC 150 Introduction to Sociology, 3
- *PSY 210 Intro to Psychological Science, 3
- *PSY 250 Developmental Psychology, 3

#### Goal 6: The Humanities and Fine Arts (9 Credits)

- 361 Pharmacology for Non-nursing Majors, 1
- HERS 428 Behavioral Interventions, 3
- 100 Fund. of Statistics, 3

#### Goal 7: Human Diversity (3 Credits)

- *SOC 150 Introduction to Sociology, 3
- *CMST 290 Disability Communication & Culture, 3

#### Goal 8: Global Perspective (3 Credits)

- HERS 402 Advanced Fitness Programming, 2
- HERS 412 Movint Science Research Data Collection, 3
- 310 Intermediate Statistics, 3

#### Goal 9: Ethical and Civic Responsibility (3 Credits)

- 320 Advanced Fitness Programming, 3
- 308 Cell Biology Lecture, 3

#### Goal 10: People and the Environment (3 Credit)

- 307 Cell Biology Laboratory AND, 1
- 310 Cell Biology Lecture, 3

**WSU Wellness Requirement**

- HERS 205 Nutrition for Lifetime Wellness, 3

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**TOTAL Semester Hours: _____ SH**

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**Ensure you meet graduation requirement of ≥ 40 SH of 300-400 level**
### Winona State University - Movement Science Major

<table>
<thead>
<tr>
<th>Four Year Block Plan</th>
<th>Fall Semester</th>
<th>Spring Semester</th>
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</thead>
<tbody>
<tr>
<td><strong>Freshman Year</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Freshman Orientation (1)</td>
<td></td>
<td>• BIOL 171 Med Terminology (1) or BIOL 172 Med TerminologyB (1)</td>
</tr>
<tr>
<td>• BIOL 211 Anatomy and Physiology I (4)</td>
<td></td>
<td>• BIOL 212 Anatomy &amp; Physiology II (4)</td>
</tr>
<tr>
<td>• ENG 111 College Reading and Writing (4)</td>
<td></td>
<td>• CMST 191 Intro to Public Speaking or 192 Intro to Speech Comm (3)</td>
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<tr>
<td>• STAT 110 Fund of Statistics (3)</td>
<td></td>
<td>• MATH 120 Pre-Calculus (4)</td>
</tr>
<tr>
<td>• HERS 205 Nutrition for a Lifetime (3)</td>
<td></td>
<td>• PSY 210 General Psychology (3)</td>
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<thead>
<tr>
<th>Sophomore Year</th>
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<tbody>
<tr>
<td>• BIOL 171 Med TerminologyA (1) or BIOL 172 Med TerminologyB (1)</td>
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<td>• BIOL 212 Anatomy &amp; Physiology II (4)</td>
</tr>
<tr>
<td>• CHEM 212 Principles of Chemistry I (4)</td>
<td></td>
<td>• CMST 191 Intro to Public Speaking or 192 Intro to Speech Comm (3)</td>
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<tr>
<td>Goal 5 &amp; 7:</td>
<td></td>
<td>• MATH 120 Pre-Calculus (4)</td>
</tr>
<tr>
<td>• SOC 150 Intro to Sociology (3)</td>
<td></td>
<td>• PSY 210 General Psychology (3)</td>
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<tr>
<td>• HERS 280 Foundations of Ex. Science (3)</td>
<td></td>
<td>• HERS 364 Practicum in Movement Science (1)</td>
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<tr>
<td>• HERS 291 Prevention &amp; Care of Athletic Injuries (2)</td>
<td></td>
<td><strong>Research Focus</strong></td>
</tr>
<tr>
<td>• PSY 250 Developmental Psychology (3)</td>
<td></td>
<td><strong>Student Applications to Research Focus Due May 15th</strong></td>
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<tr>
<th>Junior Year</th>
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<tbody>
<tr>
<td>• BIOL 211 Anatomy and Physiology I (4)</td>
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<td>• BIOL 212 Anatomy &amp; Physiology II (4)</td>
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<tr>
<td>• HERS 280 Foundations of Ex. Science (3)</td>
<td></td>
<td>• CMST 191 Intro to Public Speaking or 192 Intro to Speech Comm (3)</td>
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<td>• HERS 291 Prevention &amp; Care of Athletic Injuries (2)</td>
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<td>• MATH 120 Pre-Calculus (4)</td>
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<td>• PSY 250 Developmental Psychology (3)</td>
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<td>• PSY 210 General Psychology (3)</td>
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<tr>
<th>Senior Year</th>
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<tr>
<td>• PSY 300 Brain and Behavior (3)</td>
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<td>• HERS 360 Nutrition for Physically Active (3)</td>
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<tr>
<td>• HERS 368 Pathophysiology (3)</td>
<td></td>
<td>• HERS 380 Lab Methods in Exercise Science (3)</td>
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<tr>
<td>• Goal 6: Humanities (3)</td>
<td></td>
<td>• HERS 389 Strength/Conditioning (3)</td>
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<td>• Goal 6: Humanities (3)</td>
<td></td>
<td><strong>Research Focus Only</strong></td>
</tr>
<tr>
<td>• Goal 8: Global Perspective (3)</td>
<td></td>
<td>o HERS 390 Movement Science Research Design, spring only (4)</td>
</tr>
<tr>
<td>• HERS 464 Winona Survivors Unite in Exercise Practicum(1)</td>
<td></td>
<td><strong>Academic Focus Only</strong></td>
</tr>
<tr>
<td>• Research Focus Only</td>
<td></td>
<td>3 or 4 cr from academic focus</td>
</tr>
<tr>
<td>HERS 412 Mov Science Research Data Collection, <strong>fall only</strong> (3)</td>
<td></td>
<td><strong>Take the GRE Exam this summer</strong></td>
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<tr>
<td>• Academic Focus Only</td>
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<td>• Research Focus Only</td>
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<tr>
<td>HERS 412 Mov Science Research Data Collection, <strong>fall only</strong> (3)</td>
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<tr>
<td>• HERS 445 Med Aspects of Exercise (3)</td>
<td></td>
<td><strong>Apply to Graduate Schools</strong></td>
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<tr>
<td>• CMST 290, 296, 451, OR HERS 328 (3)</td>
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<td>• Goal 6: Humanities (3)</td>
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<td><strong>Goal 9: Ethical &amp; Civic Responsibility (3</strong></td>
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