

# Winona State University - Exercise Science Major

Fall 2018

GENERAL EDUCATION				Date	SH	GR	Name	Tech ID			
<b>Goal 1: Communication (7 SH)</b>				Address				Email			
<b>A. College Reading &amp; Writing (4 SH)</b>				Major should keep this form up to date by recording grades earned each semester, and use it when requesting help from an advisor in registration.							
ENG 111		4		Date	SH	GR		Date	SH	GR	
<b>B. Oral Communication (3 SH)</b>				<b>Core Requirements (41 SH)</b>				<b>Exercise Science (33 SH)</b>			
CMST 191 Introduction to Public Speaking OR				HERS (30 SH)				HERS (29 SH)			
CMST 192 Introduction to Speech Communication				205 Nutrition for Lifetime Wellness				HERS 204 Personal & Community Health			
<b>Goal 2: Critical Thinking</b> <i>Met with completion of other goals.</i>				280 Foundations of Exercise Science				HERS 328 Behavioral Interventions <i>FWO</i>			
				291 Prevention & Care of Athletic Injuries				HERS 335 Exercise Science Seminar			
<b>Goal 3: Natural Science (7 SH)</b>				314 Anatomical Kinesiology				HERS 350 Program Planning			
*BIOL 211 Anatomy & Physiology I				340 Physiology of Exercise <i>FW</i>				HERS 363 Practicum in ES <i>(taken twice; 1 credit/semester)</i>			
*BIOL 212 Anatomy & Physiology II				370 Mechanical Kinesiology				HERS 389 Strength & Conditioning			
				380 Lab Methods in Exercise Science <i>FWO</i>				HERS 402 Advanced Fitness Programming			
<b>Goal 4: Mathematics/Logical Reasoning (3-4 SH)</b>				445 Medical Aspects of Exercise <i>FW</i>				HERS 403 Epidemiology <i>FWCA</i>			
*STAT 110 Fundamentals of Statistics				460 Nutrition for the Physically Active				HERS 499 Internship in Exercise Science			
				468 Pathophysiology for Health Professions <i>FWCA</i>				<b>NURS (1 SH)</b>			
<b>Goal 5: History &amp; Social/Behavioral Sciences (9 SH)</b>								NURS 361 Pharmacology for Non-nursing Majors			
<i>Requires from at least two different subject areas.</i>				<b>Biology (8 SH)</b>				<b>PSY (3 SH)</b>			
*PSY 210 Intro to Psychological Science				*211 Anatomy and Physiology I				*PSY 210 Introduction to Psychological Science			
				*212 Anatomy and Physiology II							
								<b>SUGGESTED ELECTIVES</b>			
				<b>STAT (3 SH)</b>				Discuss with advisor (based on future goals/interests)			
<b>Goal 6: Humanities &amp; Fine Arts (9 SH)</b>				*110 Fundamentals of Statistics OR							
<i>Requires from at least two different subject areas.</i>				210 Statistics							
PHIL 330 Biomedical Ethics <i>(suggested)</i>											
								<b>SUGGESTED ELECTIVES FOR OT</b>			
								PSY 250 Developmental Psychology			
								PSY 420 Abnormal Psychology			
								SOC 150 Introduction to Sociology			
								BIOL 171 Medical Terminology A			
								BIOL 172 Medical Terminology B			
<b>Goal 7: Human Diversity (3 SH)</b>											
<b>Goal 8: Global Perspective (3 SH)</b>											
<b>Goal 9: Ethical &amp; Civic Responsibility (3 SH)</b>											
PHIL 330 Biomedical Ethics <i>(suggested)</i>											
<b>Goal 10: People &amp; the Environment (3 SH)</b>											
<b>Additional WSU Graduation Requirements</b>											
<b>Physical Development &amp; Wellness (2 SH)</b>											
HERS 204 Personal & Community Health											
HERS 205 Nutrition for Lifetime Wellness											
5/9/2018											

**\* Double counts in General Education**  
*FW* Writing INTENSIVES (6 SH)  
*FWO* Oral INTENSIVES (3 SH)  
*FWCA* Mathematical/Critical Analysis INTENSIVES (3 SH)

**TOTAL Semester Hours: \_\_\_\_\_ SH**  
 (120 SEMESTER HOURS REQUIRED TO GRADUATE)

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# 4-Year Plan

Note: If you are enrolled in additional options or majors this schedule will be adjusted.

	Fall Semester	Spring Semester
<p><b>Freshman Year</b></p> <p>Note: HERS 204 is a prerequisite for HERS 328 and HERS 205 is a prerequisite for HERS 360</p> <p><b>Expect to take 15 credits/semester to graduate on time with 120 SH.</b></p>	<p>BIOL 211 Anatomy &amp; Physiology I (4)                      OR 100 Introduction to Higher Education (1)                      HERS 204 Personal &amp; Community Health (3)                      OR HERS 205 Nutrition for Lifetime Wellness (3)                      General Education Courses:                      ENG 111 College Reading &amp; Writing (4)                      OR CMST 192 Intro to Speech Communication (3)                      STAT 110 Fundamentals of Statistics (3)</p>	<p>BIOL 212 Anatomy &amp; Physiology II (4)                      HERS 280 Foundations of Exercise Science (3)                      HERS 204 Personal &amp; Community Health (3)                      OR HERS 205 Nutrition for Lifetime Wellness (3)                      PSY 210 Introduction to Psychological Science (3)</p>
<p><b>Sophomore Year</b></p>	<p>HERS 291 Prevention &amp; Care of Athletic Injuries (2)                      HERS 314 Anatomical Kinesiology (3)                      OR HERS 340 Physiology of Exercise (4)</p> <p>3 General Education Courses (9)</p>	<p>HERS 314 Anatomical Kinesiology (3)                      OR HERS 340 Physiology of Exercise (4)</p> <p>3 General Education/Elective Courses (9)</p>
<p><b>Junior Year</b></p> <p>Prior to Enrolling in Practicum, you must be current in First Aid and CPR/AED certifications, complete a background check, provide proof of health insurance, provide immunization records from healthcare provider, and proof of yearly tuberculosis (Tb) test. You must also complete:</p> <ul style="list-style-type: none"> <li>• BIOL 211 &amp; 212</li> <li>• HERS 402 or 389</li> <li>• STAT 210</li> <li>• GPA ≥2.5</li> </ul>	<p>HERS 328 Behavioral Interventions (3)                      HERS 335 Exercise Science Seminar (1)                      HERS 350 Program Planning (3)                      HERS 380 Lab Methods (2)                      NURS 361 Pharmacology for nonNURS majors (1)                      HERS 402 Advanced Fitness Prog (3)                      OR HERS 389 Strength &amp; Conditioning (3)</p> <p>1 General Education/Elective Course</p>	<p>HERS 363 Practicum (1) (need to take it twice)                      HERS 370 Mechanical Kinesiology (4)                      HERS 403 Epidemiology (3)                      HERS 389 Strength &amp; Conditioning (3)                      OR HERS 402 Advanced Fitness Programming (3)</p> <p>1-2 General Education/Elective Courses</p> <p><b>INTERNSHIP SEARCH BEGINS!</b>                      Information Needed Prior to Internship</p> <ul style="list-style-type: none"> <li>• Current Adult CPR/AED &amp; Standard First Aid certification</li> <li>• Mantoux Test &amp; Immunizations Records from healthcare provider</li> <li>• Proof of Health Insurance</li> <li>• Background Study</li> <li>• Important Notices Form</li> <li>• Attend Mandatory Internship Workshop</li> </ul>
<p><b>Senior Year</b></p> <p>Secure Internship during Fall semester &amp; submit Intent to Internship form &amp; DARS to internship instructor.</p> <ul style="list-style-type: none"> <li>• Fall interns by APRIL 1</li> <li>• Spring interns by NOVEMBER 1</li> <li>• Summer interns by MARCH 1</li> </ul>	<p>HERS 363 Practicum (1) <i>(need to take it twice)</i>                      HERS 468 Pathophysiology for Health Professions (3)                      HERS 445 Med Aspects of Exercise (3)                      HERS 460 Nutrition for the Physically Active (3)</p> <p>1-2 General Education/Elective Courses</p>	<p>HERS 499 Internship in Exercise Science (8-12) 15 weeks (full time)</p> <p><b>APPLY FOR GRADUATION!</b></p>