

Winona State University - Movement Science Major

Effective Fall 2021

GENERAL EDUCATION				NAME				E-MAIL				
Lower-Division Requirements (55 SH)				Date	SH	GR	Date	SH	GR	Date	SH	GR
Goal 1: Communication (7 SH)				Core Requirements (41 SH)				Movement Science Option (22 SH)				
A. College Reading & Writing (4 SH)				HERS (30 SH)				*PSY 210 Introduction to Psychological Science				
ENG 111 College Reading & Writing				205 Nutrition for Lifetime Wellness				*PSY 250 Developmental Psychology				
B. Oral Communication (3 SH)				280 Foundations of Exercise Science				PHYS 201 General Physics I				
CMST 191 Introduction to Public Speaking OR				291 Prevention & Care of Athletic Injuries				CHEM 212 Principles of Chemistry I				
CMST 192 Intro to Speech Communication				314 Anatomical Kinesiology				*SOC 150 Introduction to Sociology				
or satisfactory completion of a special exam offered once a semester by prior arrangement				340 Physiology of Exercise <i>ƒW</i>				BIOL 241 Basics of Life				
Goal 2: Critical Thinking (3 SH)				370 Mechanical Kinesiology				BIOL 171 Medical Terminology A OR 172 Med. Term. B				
Met with completion of other goals.				380 Lab Methods in Exercise Science <i>ƒO</i>				Req. Courses for Academic AND Research Focus (24-25 SH)				
				445 Medical Aspects of Exercise <i>ƒW</i>								
Goal 3: Natural Sciences (7 SH)				460 Nutrition for the Physically Active				HERS 364 Practicum I in Movement Science				
*BIOL 211 Anatomy & Physiology I				468 Pathophysiology for Health Professions <i>ƒCA</i>				HERS 402 Advanced Fitness Programming				
*BIOL 212 Anatomy & Physiology II				BIOL (8 SH)				HERS 464 Winona Survivors Unite in Exercise Practicum				
				*211 Anatomy and Physiology I				MATH 117 Precalculus with Modeling OR *120 Precalculus				
				*212 Anatomy and Physiology II				PSY 420 Abnormal Psychology				
Goal 4: Mathematics/Logical Reason (3-4 SH)				STAT (3 SH)				† Choose one of the following two options: (3 SH)				
*MATH 117 Precalculus (preferred) OR 120				*110 Fund. of Statistics				CMST 451 Topics in Communication Studies <i>ƒO</i>				
								HERS 328 Behavioral Interventions <i>ƒO</i>				
Goal 5: History/Social/Behavioral Sciences (9 Cr)				<div style="border: 1px solid black; padding: 5px;"> ƒW Writing INTENSIVES (6 SH) ƒO Oral INTENSIVES (3 SH) ƒCA Mathematical/Critical Analysis INTENSIVES (3 SH) </div>				Choose one of the following two options: (3-4 SH)				
*SOC 150 Introduction to Sociology								BIOL 307 Cell Biology Laboratory AND				
*PSY 210 Intro to Psychological Science								BIOL 308 Cell Biology Lecture				
*PSY 250 Developmental Psychology								OR				
								PSY 303 Introduction to Neuroscience				
Goal 6: The Humanities and Fine Arts (9 Credits)				Choose one of the following two focuses: Research Focus (7 SH)								
								HERS 390 Movement Science Research Design				
								HERS 412 Movmt Science Research Data Collection				
<i>Refer to backside for courses that fulfill 2 Goals</i>				OR								
Goal 7: Human Diversity (3 Credits)								† Academic Focus (6 SH from the following)				
*SOC 150 Introduction to Sociology				BIOL 307/308 Cell Biology & Lab ***								PSY 327 Health Psychology
				BIOL 310/311 Genetics & Lab				PSY 303 Introduction to Neuroscience ***				
Goal 8: Global Perspective (3 Credits)				BIOL 309/327 Developmental Biology & Lab				PSY 310 Child Development				
				BIOL 319 Vertebrate Biology				PSY 325 Social Psychology				
<i>Refer to backside for courses that fulfill 2 Goals</i>				BIOL 409 General Microbiology				PSY 369 Cognitive Psychology				
				CHEM 340 Organic Chemistry Survey				PSY 423 Psychopathology of Childhood				
Goal 9: Ethical and Civic Responsibility (3 Credits)				CHEM 350 Principles of Organic Chemistry I				PSY 433 Neuroscience				
				CHEM 351 Principles of Organic Chemistry II				STAT 310 Intermediate Statistics				
<i>Refer to backside for courses that fulfill 2 Goals</i>				CHEM 405 Biochemistry I Lecture				STAT 335 Principles of Study Design				
				CHEM 406 Biochemistry I Lab				STAT 360 Regression Analysis				
Goal 10: People and the Environment (3 Credit)				CHEM 407 Biochemistry II Lecture				STAT 365 Experimental Design & Analysis				
				CHEM 408 Biochemistry II Lab				STAT 405 Biostatistics				
<i>Refer to backside for courses that fulfill 2 Goals</i>				† Ensure you meet graduation requirement of ≥ 40 SH of 300-400 level courses				LIB 410 Advanced Research for Health Sciences				
WSU Wellness Requirement												
HERS 205 Nutrition for Lifetime Wellness				* Double counts in General Education				TOTAL Semester Hours: _____				
				***Counts towards academic focus if not taken in the movement science option								

Winona State University - Movement Science Major - Academic & Research Focus

4 - Year Plan

Four Year Block Plan

Fall Semester

Spring Semester

<p>Freshman Year</p>	<ul style="list-style-type: none"> • OR 100 Introduction to Higher Education (1) • BIOL 211 Anatomy and Physiology I (4) • ENG 111 College Reading and Writing (4) • STAT 110 Fund of Statistics (3) • HERS 205 Nutrition for a Lifetime (3) 	<ul style="list-style-type: none"> • BIOL 171 Med Terminology A (1) or BIOL 172 Med Term B (1) • BIOL 212 Anatomy & Physiology II (4) • CMST 191 Intro to Public Speaking or 192 Intro to Speech Comm (3) • MATH 117 Precalc Modeling or 120 Pre-Calculus (4) • PSY 210 General Psychology (3)
<p>Sophomore Year</p>	<ul style="list-style-type: none"> • CHEM 212 Principles of Chemistry I (4) Goal 5 & 7: • SOC 150 Intro to Sociology (3) • HERS 280 Foundations of Ex. Science (3) • HERS 291 Prevention & Care of Athletic Injuries (2) • PSY 250 Developmental Psychology (3) 	<ul style="list-style-type: none"> •ELECTIVE (4) <i>CHEM 213 Principles of Chem II (4) for NON Pre-O.T. students</i> • HERS 314 Anatomical Kinesiology (3) • HERS 340 Physiology of Exercise (4) • PSY 420 Abnormal Psychology (3) • HERS 364 Practicum in Movement Science (1) • Research Focus <p style="text-align: center;">Student Applications to Research Focus Due May 15th</p>
<p>Junior Year</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p>*Check courses that fulfill 2 General Education</p> </div>	<ul style="list-style-type: none"> • HERS 370 Mechanical Kinesiology (4) • BIOL 241 Basics of Life (4) • PHYS 201 General Physics I (4) • Goal 6: Humanities (3) 	<ul style="list-style-type: none"> •ELECTIVE (4) <i>PHYS 202 General Physics II (4) for NON Pre-O.T. students</i> • BIOL307/308 Cell Biol. (4) or • PSY303 Intro to Neuroscience (3) • HERS 380 Lab Methods in Exercise Science (2) • HERS 402 Advanced Fitness Programming (3) • Research Focus Only <ul style="list-style-type: none"> o HERS 390 Movement Science Research Design, spring only (4) • Academic Focus Only 3 or 4 cr from academic focus • Take the GRE Exam this summer • Apply to Graduate Schools Mid-July
<p>Senior Year</p> <ul style="list-style-type: none"> • Take the GRE Exam early this summer • Start applying to Graduate Schools July 1st 	<ul style="list-style-type: none"> • HERS 460 Nutrition for Physically Active (3) • HERS 468 Pathophysiology (3) • Goal 6: Humanities (3) • Goal 8: Global Perspective (3) • HERS 464 Winona Survivors Unite in Exercise Practicum(1) • Research Focus Only HERS 412 Mov Science Research Data Collection, fall only (3) • Academic Focus Only 3 or 4 cr from academic focus section 	<ul style="list-style-type: none"> • HERS 445 Med Aspects of Exercise (3) • CMST 451 OR HERS 328 (3) • Goal 6: Humanities (3) • Goal 9: Ethical & Civic Responsibility (3) • Goal 10: People & the Environment (3) <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p>*Check courses that fulfill 2 General Education Goals.</p> </div>
<p>As of May, 2018:</p>		
<p>* GOALS 6 & 8</p>	<p>CHIN 101, 201; ENG 221; FREN 101; GERM 101, 201; JPN 101, 201; SPAN 101, 102, 201, 202; THAD 115</p>	
<p>* GOALS 6 & 9</p>	<p>LGLS 101, PHIL 130, 140, 332, 341, 360</p>	
<p>* GOALS 8 & 10</p>	<p>BIO 104; GS 200; POLS 240</p>	