

University Name: Winona State University

Award: BS Degree: Exercise & Rehabilitative Science: Exercise Science

Total Credits: 60

3 rd Year/Fall Semester		
Course No.	Course Name	Credits
HERS 291	Prevention & Care of Athletic Injuries	2
HERS 314	Anatomical Kinesiology	3
HERS 328	Behavioral Interventions	3
HERS 340	Physiology of Exercise	4
HERS 350	Program Planning	3
NURS 361	Nursing for the Non-Nursing Major	1
Semester Credits Total		16
<p>Notes: MnTC Goals 1-10 must be met. If a goal area is not completed at the sending institution, it must be completed at WSU. A minimum of 40 credits of MnTC coursework is required to earn a degree. Students must maintain good academic standing in the university and have a minimum of 2.50 GPA in the major and overall and a C or better in core coursework. Taking HERS 314 and HERS 340 this semester is needed for the student to appropriately progress to other upper level courses. Students should have previously taken an Oral Communication course that also meets a Goal Area 5 or 6 requirement. Students should have previously taken a Goal 5 elective that also meets a Goal Area 6-10 requirement.</p>		

4 th Year/Fall Semester		
Course No.	Course Name	Credits
HERS 363	Practicum in Exercise Science	1
HERS 370	Mechanical Kinesiology	4
HERS 445	Medical Aspects of Physical Activity	3
HERS 460	Nutrition for the Physically Active	3
HERS 403	Epidemiology	3
	Elective/General Education (requires selecting course that counts in any two unmet Goal Areas from 5-10)	3
Semester Credits Total		17
<p>Notes: Must take 1 credit of HERS 363 – Practicum in Exercise Science. Students can find General Education Courses that count in multiple MnTC Goal Areas at https://w3.winona.edu/publicreports/?reportname=Registrar%2fGEP+Accepted+Courses</p>		

3 rd Year/Spring Semester		
Course No.	Course Name	Credits
HERS 363	Practicum in Exercise Science	1
HERS 380	Lab Methods in Exercise Science	2
HERS 389	Strength & Conditioning	3
HERS 402	Advanced Fitness Programming	3
HERS 468	Pathophysiology for Health Professions	3
HERS 335	Exercise Science Seminar	1
	Elective/General Education (requires selecting course that counts in any two unmet Goal Areas from 5-10)	3
Semester Credits Total		16
<p>Notes: WSU requires 2 credits of Physical Development & Wellness and 12 credits of upper-level intensive courses. Intensives are often included in major course requirements; check with your advisor. A minimum of 40 credits at the 300-400 level is required to earn a degree. Students must take 1 credit of HERS 363 – Practicum in Exercise Science. Students can find General Education Courses that count in multiple MnTC Goal Areas at https://w3.winona.edu/publicreports/?reportname=Registrar%2fGEP+Accepted+Courses</p>		

4 th Year/Spring Semester		
Course No.	Course Name	Credits
HERS 499	Internship in Exercise Science	8-12
	Elective/General Education (Online course ONLY; (requires selecting course that counts in any two unmet Goal Areas from 5-10)	0-4
Semester Credits Total		12
<p>Notes: HERS 499 is a full semester, 600 hour, required internship Minimum requirement is 8 credits; however, students may enroll for up to 12 credits. All major coursework MUST be completed <u>prior</u> to HERS 499. Students wishing to be full-time for financial aid purposes will need to take a total of 12 credits in their final semester. Students can find General Education Courses that count in multiple MnTC Goal Areas at https://w3.winona.edu/publicreports/?reportname=Registrar%2fGEP+Accepted+Courses</p>		