

Exercise Science Major

Major Requirements

Degree Type: B.S.
Minimum Credits Required: 120

University Degree Requirements

For complete details on these and other university degree requirements, refer to the Degree and Graduation Requirements (<http://catalog.ndsu.edu/academic-policies/undergraduate-policies/degree-and-graduation/>) section in the University Catalog.

1. Minimum of 120 semester credits (some programs may exceed this minimum).
2. Complete the University General Education requirements.
3. Minimum institutional GPA of 2.00 based on work taken at NDSU.
4. Minimum of 30 credits in resident at NDSU.
5. Minimum of 36 upper level credits (courses numbered 300 or higher).
6. Students with transfer credit must meet the NDSU 30 credits in residence (#4). Of these 30 credits in residence, a minimum of 15 credits must be in courses numbered 300 or above, and 15 credits must be in the student's declared major curricula.

University General Education Requirements

A list of university approved general education courses along with the administrative policies governing the requirement and the categories is available here (<http://catalog.ndsu.edu/academic-policies/undergraduate-policies/general-education/>).

Code	Title	Credits
Category C: Communication		12
Category R: Quantitative Reasoning		3
Category S: Science and Technology		10
Category A: Humanities and Fine Arts		6
Category B: Social and Behavioral Sciences		6
Category W: Wellness		2
Category D: Cultural Diversity		
Category G: Global Perspectives		
Category L: Digital Literacy		
Total Credits		39

Major Requirements

Code	Title	Credits
Exercise Science Requirements		
BIOL 220 & 220L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory ¹	4
BIOL 221 & 221L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
CHEM 121 & 121L	General Chemistry I and General Chemistry I Laboratory ¹	4
CHEM 122 & 122L	General Chemistry II and General Chemistry II Laboratory	4
CSCI 114 or TL 116	Computer Applications Business Software Applications	3
HNES 170	Introduction to Exercise Science ¹	2
HNES 250	Nutrition Science	3
HNES 365	Kinesiology	3
HNES 368	Biomechanics of Exercise	3
HNES 370	Exercise and Disease	3
HNES 374	Methods in Resistance Training and Cardiovascular Conditioning	3

HNES 375	Research Methods and Design in Exercise Science	3
HNES 380	Exercise Behavior	3
HNES 465	Exercise Physiology	3
HNES 465L	Exercise Physiology Laboratory	1
HNES 472	Exercise Assessment and Prescription	3
HNES 476	Exercise Testing Laboratory	3
HNES 470	Professional Practices in Exercise Science (HNES 778) ²	3
HNES 475	Exercise Science Internship (HNES 794) ²	9
HNES 491	Seminar	1
PHYS 211 & 211L	College Physics I and College Physics I Laboratory	4
PSYC 111	Introduction to Psychology	3
STAT 330	Introductory Statistics	3
Total Credits		75

¹ Requires a grade of 'B' or better.

² Students approved for the accelerated program take the graduate courses in place of the undergraduate courses.

Degree Requirements and Notes

- A cumulative GPA of 3.00 is required for graduation. No grades of 'D' or 'F' may be used to satisfy Exercise Science major courses.
- With the exception of field experiences, seminar, and internship, courses under the Exercise Science requirements may not be taken Pass/Fail.

Accelerated Undergraduate to Master's Degree Program

- Students may participate in an accelerated program in the following area:
 - B.S. Exercise Science to M.A. Trg. Master of Athletic Training
 - Program information and application process are found here (<https://catalog.ndsu.edu/programs-study/graduate/athletic-training/>).
- Undergraduate students must have completed a minimum of 60 undergraduate credits with a cumulative GPA of 3.00 or higher.
- Students are required submit an application to the Graduate School and an *Accelerated Degree Program Declaration* form prior to any graduate work.