

# Exercise Science

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## Department Information

- **Department Location:**  
Bentson Bunker Fieldhouse
- **Department Phone:**  
701-231-7484
- **Department Web Site:**  
[www.ndsu.edu/hnes/](http://www.ndsu.edu/hnes/)
- **Degrees Offered:**  
B.S.
- **Official Program Curriculum:**  
[bulletin.ndsu.edu/undergraduate/program-curriculum/exercise-science/](http://bulletin.ndsu.edu/undergraduate/program-curriculum/exercise-science/)

## Exercise Science Major

The Exercise Science major is accredited by the Commission on Accreditation of Allied Health Education Programs and endorsed by the American College of Sports Medicine. This curriculum covers the knowledge, skills, and abilities expected of an ACSM Certified Exercise Physiologist.

The Exercise Science major is designed to prepare students for entry-level positions in any of four health fitness settings: commercial, community, corporate, and clinical. Completion of the major will also act as a stepping stone to prepare the exceptional student for graduate education in exercise physiology/science, cardiac rehabilitation, physical therapy, sports nutrition, sports medicine, biomechanics, and other allied health professions.

The Exercise Science program includes a wide range of content from the study of physical activity and the associated acute and chronic physiological adaptations and responses to it, to health-fitness business management principles found in facilities worldwide. Majors are encouraged to select a minor in business, psychology, or other areas depending on their interests. Field experiences and a semester-long internship experience completed at the end of the Exercise Science major afford the student an opportunity to select an area of specialization in the field from sites available throughout the country.

Students are encouraged to pursue appropriate professional certification from the American College of Sports Medicine, The National Strength and Conditioning Association, or The American Council on Exercise.

## Pre-Professional/Professional Emphasis

Students are admitted to the Pre-Professional emphasis in Exercise Science when declaring the major. The Pre-Professional emphasis encompasses the freshman year and fall semester of the sophomore year; transfer students are also placed in the Pre-Professional emphasis upon acceptance to the university. Entrance into the Professional Emphasis occurs during the third semester of attendance for students who entered as freshmen; for transfer students, entrance occurs after the first semester of attendance.

Application guidelines are provided during HNES 170 Introduction to Exercise Science and during advising sessions with freshmen, as well as on the Exercise Science ([https://www.ndsu.edu/hnes/exercise\\_science](https://www.ndsu.edu/hnes/exercise_science)) web site. The following requirements must be met before beginning the professional course (sophomore, junior and senior level courses with prefix HNES) of study:

1. Successful completion of HNES 170 Introduction to Exercise Science with a grade of 'B' or better
2. Successful completion of BIOL 220 Human Anatomy and Physiology I/BIOL 220L Human Anatomy and Physiology I Laboratory with a grade of 'B' or better
3. Successful completion of MATH 103 College Algebra or MATH 104 Finite Mathematics or higher with a grade of 'B' or better
4. Successful completion of CHEM 121 General Chemistry I/CHEM 121L General Chemistry I Laboratory with a grade of 'B' or better
5. Minimum NDSU cumulative GPA of 3.00 or higher

## Retention Standards

Students must meet the following retention standards (per semester) in order to maintain their status in the Exercise Science professional phase.

1. No more than two 'C' and no 'D' or 'F' grades may be earned in Exercise Science major classes.
2. Maintain a NDSU cumulative GPA of 3.00 on a 4.00 scale.

## Exercise Science Major/Master of Athletic Training Program

Students who wish to attend NDSU for athletic training are advised to pursue this five-year program. The students will major in Exercise Science for their undergraduate degree and apply to the Master of Athletic Training (MATrg) graduate program to complete this program. Upon completion, the graduates will be able to take the Board of Certification (BOC) exam, earn the ATC credential and pursue employment as an athletic trainer.

### Plan of Study

Please note this is a sample plan of study and not an official curriculum. Actual student schedules for each semester will vary depending on start year, education goals, applicable transfer credit, and course availability. Students are encouraged to work with their academic advisor on a regular basis to review degree progress and customize an individual plan of study.

<b>Freshman</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
ENGL 110 or 120 <sup>Placement applies.</sup>	3-4	COMM 110	3
HNES 170	2	CSCI 114 or MIS 116	3
PSYC 111	3	Humanities/Global	3
Electives	6	Electives	6
	14-15		15
<b>Sophomore</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
** See note below		BIOL 221	3
BIOL 220	3	BIOL 221L	1
BIOL 220L	1	CHEM 122	3
CHEM 121 (pre or co-requisite: MATH 103)	3	CHEM 122L	1
CHEM 121L	1	HNES 365	3
PHYS 211 (pre-requisite: MATH 105)	3	STAT 330	3
PHYS 211L	1	Electives	3
HNES 250	3		
	15		17
<b>Junior</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
PSYC 211	3	HNES 368	3
HNES 374	3	HNES 370	3
HNES 375	3	HNES 371	3
HNES 496	1	HNES 465	3
Humanities/Diversity	3	HNES 466	1
Elective	1	HNES 491	1
		Electives	3
	14		17
<b>Senior</b>			
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
Upper Division Writing	3	HNES 475	12
HNES 472	3		
HNES 476	2		
HNES 496	1		

Electives	7	
	16	12

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Total Credits: 120-121

- \*\* Students apply for Exercise Science Professional Status during fall semester of sophomore year. Application guidelines are provided during HNES 170 Introduction to Exercise Science and during advising sessions with freshmen, as well as on the Exercise Science ([https://www.ndsu.edu/hnes/exercise\\_science](https://www.ndsu.edu/hnes/exercise_science)) web site. The following requirements must be met before beginning the professional course (sophomore, junior and senior level courses with prefix HNES) of study:
1. Successful completion of HNES 170 Introduction to Exercise Science with a grade of 'B' or better
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  3. Successful completion of MATH 103 College Algebra or MATH 104 Finite Mathematics or higher with a grade of 'B' or better
  4. Successful completion of CHEM 121 General Chemistry I/CHEM 121L General Chemistry I Laboratory with a grade if 'B' or better
  5. Minimum NDSU cumulative GPA of 3.00 or higher
- † Consult your advisor for suggested electives for certain Graduate and Professional programs.