

Exercise Science

Department Information

- **Department Location:**
Bentson Bunker Fieldhouse
- **Department Phone:**
701-231-6385
- **Department Web Site:**
www.ndsu.edu/hnes/exercise_science (http://www.ndsu.edu/hnes/exercise_science/)
- **Credential Offered:**
B.S.
- **Official Program Curriculum:**
catalog.ndsu.edu/undergraduate/program-curriculum/exercise-science/ (<http://catalog.ndsu.edu/undergraduate/program-curriculum/exercise-science/>)

Sample Program Guide

Please note this is a sample program guide 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. Once admitted, students are encouraged to work with their assigned academic advisor on a regular basis to review degree progress.

Freshman			
Fall	Credits	Spring	Credits
ENGL 110 or 120 ^{Placement applies.}		3 COMM 110	3
HNES 170		2 CSCI 114 or TL 116	3
PSYC 111		3 Humanities/Global	3
Electives		6 Electives	6
		14	15
Sophomore			
Fall	Credits	Spring	Credits
** 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
Junior			
Fall	Credits	Spring	Credits
PSYC 211		3 HNES 368	3
HNES 374		3 HNES 370	3
HNES 375		3 HNES 371	3
HNES 465		3 HNES 491	1
HNES 466		1 Humanities/Diversity	3
Elective		2 Electives	3
		15	16

Senior			
Fall	Credits	Spring	Credits
Upper Division Writing		3 HNES 475	12
HNES 472		3	
HNES 476		2	
HNES 496		1	
Electives		7	
		16	12
Total Credits: 120			

- ** Students apply for Exercise Science Professional Status during fall semester of sophomore year. Application guidelines are provided during HNES 170 (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/search/?P=HNES%20170>) Introduction to Exercise Science and during advising sessions with freshmen, as well as on the 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 (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/search/?P=HNES%20170>) Introduction to Exercise Science with a grade of 'B' or better
 2. Successful completion of BIOL 220 (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/search/?P=BIOL%20220>) Human Anatomy and Physiology I/BIOL 220L (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/search/?P=BIOL%20220L>) Human Anatomy and Physiology I Laboratory with a grade of 'B' or better
 3. Successful completion of MATH 103 (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/search/?P=MATH%20103>) College Algebra or MATH 104 (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/search/?P=MATH%20104>) Finite Mathematics or higher with a grade of 'B' or better
 4. Successful completion of CHEM 121 (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/search/?P=CHEM%20121>) General Chemistry I/CHEM 121L (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/search/?P=CHEM%20121L>) General Chemistry I Laboratory with a grade of '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.