

# Exercise Science

## Department Information

- **Department Location:**  
Bentson/Bunker Field House
- **Department Phone:**  
701-231-7484
- **Department Web Site:**  
[www.ndsu.edu/hnes/](http://www.ndsu.edu/hnes/) (<http://www.ndsu.edu/hnes/>)
- **Credential Offered:**  
B.S.
- **Plan Of Study Sample:**  
[catalog.ndsu.edu/programs-study/undergraduate/exercise-science/#planofstudytext](http://catalog.ndsu.edu/programs-study/undergraduate/exercise-science/#planofstudytext) (<http://catalog.ndsu.edu/programs-study/undergraduate/exercise-science/#planofstudytext>)

## Major Requirements

### Major: Exercise Science

Degree Type: B.S.

Minimum Degree Credits to Graduate: 120

### University Degree Requirements

1. Satisfactory completion of all requirements of the curriculum in which one is enrolled.
2. Earn a minimum total of 120 credits in approved coursework. Some academic programs exceed this minimum.
3. Satisfactory completion of the general education requirements as specified by the university.
4. A minimum institutional GPA of 2.00 based on work taken at NDSU.
5. At least 36 credits presented for graduation must be in courses numbered 300 or higher.
6. Transfer Students: Must earn a minimum of 60 credits from a baccalaureate-degree granting or professional institution.
  - a. Of these 60, at least 36 must be NDSU resident credits as defined in #7.
  - b. Within the 36 resident credits, a minimum of 15 must be in courses numbered 300 or higher and 15 credits in the major field of study.
7. At least 36 credits must be NDSU resident credits. Resident credits include credits registered and paid for at NDSU.

For complete information, please refer to the Degree and Graduation Requirements (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/academic-policies/undergraduate-policies/degree-and-graduation/>) section of this Bulletin.

### University General Education Requirements

Code	Title	Credits
<b>Communication (C)</b>		<b>12</b>
ENGL 110	College Composition I	
ENGL 120	College Composition II	
COMM 110	Fundamentals of Public Speaking	
Upper Division Writing <sup>†</sup>		
<b>Quantitative Reasoning (R) <sup>†</sup></b>		<b>3</b>
<b>Science and Technology (S) <sup>†</sup></b>		<b>10</b>
<b>Humanities and Fine Arts (A) <sup>†</sup></b>		<b>6</b>
<b>Social and Behavioral Sciences (B) <sup>†</sup></b>		<b>6</b>
<b>Wellness (W) <sup>†</sup></b>		<b>2</b>
<b>Cultural Diversity (D) <sup>††</sup></b>		
<b>Global Perspectives (G) <sup>††</sup></b>		
<b>Total Credits</b>		<b>39</b>

- \* May be satisfied by completing courses in another General Education category.
- † General education courses may be used to satisfy requirements for both general education and the major, minor, and program emphases, where applicable. Students should carefully review major requirements to determine if specific courses can also satisfy these general education categories.
- A list of university approved general education courses and administrative policies are available here (<http://catalog.ndsu.edu/past-bulletin-archive/2021-22/academic-policies/undergraduate-policies/general-education/#genedcoursestext>).

## Major Requirements

Code	Title	Credits
<b>Exercise Science Requirements</b>		
BIOL 220 & 220L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory (May satisfy general education category S) *	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 (May satisfy general education category S) *	4
CHEM 122 & 122L	General Chemistry II and General Chemistry II Laboratory (May satisfy general education category S)	4
CSCI 114 or TL 116	Computer Applications (May satisfy general education category S) Business Software Applications	3
HNES 170	Introduction to Exercise Science *	2
HNES 250	Nutrition Science (May satisfy general education category W)	3
HNES 365	Kinesiology	3
HNES 368	Biomechanics of Exercise	3
HNES 370	Exercise and Disease	3
HNES 371	Worksite Health Promotion	3
HNES 374	Methods in Resistance Training and Cardiovascular Conditioning	3
HNES 375	Research Methods and Design in Exercise Science	3
HNES 465	Physiology Of Exercise	3
HNES 466	Physiology Exercise Laboratory	1
HNES 472	Exercise Assessment and Prescription	3
HNES 475	Exercise Science Internship	12
HNES 476	Exercise Testing Laboratory	2
HNES 491	Seminar	1
HNES 496	Field Experience	1
PHYS 211 & 211L	College Physics I and College Physics I Laboratory	4
PSYC 111	Introduction to Psychology (May satisfy general education category B)	3
PSYC 211	Introduction To Behavior Modification (May satisfy general education category B)	3
STAT 330	Introductory Statistics (May satisfy general education category R)	3
<b>Total Credits</b>		<b>78</b>

- \* Requires a grade of 'B' or better.

## 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.
- Department Requirements:BIOL 220 Human Anatomy and Physiology I, BIOL 220L Human Anatomy and Physiology I Laboratory, CHEM 121 General Chemistry I, PSYC 111 Introduction to Psychology and PSYC 211 Introduction To Behavior Modification, and HNES 250 Nutrition Science are listed within the General Education categories of Science & Technology, Social & Behavioral Sciences, and Wellness.