

Exercise Science

Department Information

- **Department Web Site:**
www.ndsu.edu/hnes/ (<http://www.ndsu.edu/hnes/>)
- **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

IMPORTANT DISCLAIMER: A Sample Program Guide provides an unofficial guide of program requirements and should be used by prospective students who are considering attending NDSU in the future. It is NOT an official curriculum and should NOT be used by current NDSU students for official degree planning purposes. Note that the official curriculum used by current NDSU students can vary from the Sample Program Guide due to a variety of factors such as, but not limited to, start year, education goals, transfer credit, and course availability.

To ensure proper program completion, enrolled students should utilize Degree Map (<https://www.ndsu.edu/registrar/degreemap/>) and Schedule Planner (<https://www.ndsu.edu/onestop/degree-map-and-planning/>) in Campus Connection and consult regularly with their academic advisor to ensure requirements are being met.

Freshman			
Fall	Credits	Spring	Credits
ENGL 110		3 COMM 110	3
HNES 170		2 CSCI 114 or TL 116	3
PSYC 111		3 ENGL 120	3
MATH 103*		3 MATH 105*	3
Humanities and Fine Arts (Global)		3 Free Electives**	3
		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 Free 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 465L		1 Humanities and Fine Arts (Diversity)	3

Free Electives	2 Free Electives	3
	15	16
Senior		
Fall	Credits	Spring Credits
Upper Division Writing		3 HNES 475
HNES 472		3
HNES 476		3
HNES 496		1
Free Electives		6
	16	12

Total Credits: 120

*

MATH 103 is a pre-requisite for STAT 330. MATH 105 is a pre-requisite for PHYS 211. If not needed due to placement scores or transfer, student will need the equivalent amount of credits in free electives.

**

Consult your advisor for suggested electives for certain Graduate and Professional programs.

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/2023-24/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/undergraduate_programs/exercise_science/program_information/) website. 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/2023-24/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/2023-24/search/?P=BIOL%20220>) Human Anatomy and Physiology I/BIOL 220L (<http://catalog.ndsu.edu/past-bulletin-archive/2023-24/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/2023-24/search/?P=MATH%20103>) College Algebra or MATH 104 (<http://catalog.ndsu.edu/past-bulletin-archive/2023-24/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/2023-24/search/?P=CHEM%20121>) General Chemistry I/CHEM 121L (<http://catalog.ndsu.edu/past-bulletin-archive/2023-24/search/?P=CHEM%20121L>) General Chemistry I Laboratory with a grade if 'B' or better
5. Minimum NDSU cumulative GPA of 3.00 or higher