

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: This guide is not an official curriculum. This guide is a sample four-year degree plan of how students might plan this major with other degree requirements to complete their education in four years. Student plans will vary from this sample due to a variety of factors, such as, but not limited to, start year, education goals, transfer credit, and course availability. To ensure proper degree 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 academic advisors to ensure graduation 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
Gen Ed Humanities/Fine Art and Global Perspectives		3 Gen Ed Humanities/Fine Arts and Cultural Diversity	3
		14	15
Sophomore			
Fall	Credits	Spring	Credits
BIOL 220		3 BIOL 221	3
BIOL 220L		1 BIOL 221L	1
CHEM 121		3 CHEM 122	3
CHEM 121L		1 CHEM 122L	1
PHYS 211		3 HNES 365	3
PHYS 211L		1 STAT 330	3
HNES 250		3 Gen Ed Social & Behavioral Sciences	3
Complete Application to the Exercise Science Major***			
		15	17
Junior			
Fall	Credits	Spring	Credits
HNES 374		3 HNES 368	3
HNES 375		3 HNES 370	3
HNES 465		3 HNES 380	3
HNES 465L		1 HNES 491	1
Free Electives**		5 Free Electives	6
		15	16

Senior			
Fall	Credits	Spring	Credits
HNES 472		3 HNES 470	3
HNES 476		3 HNES 475	9
HNES 496		1	
Gen Ed Upper Division Writing		3	
Free Electives		6	
		16	12

Total Credits: 120

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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.

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

Students apply for the Exercise Science Major during fall semester of sophomore year.

Application guidelines are provided during HNES 170 (<http://catalog.ndsu.edu/past-bulletin-archive/2024-25/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 major 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/2024-25/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/2024-25/search/?P=BIOL%20220>) Human Anatomy and Physiology I/BIOL 220L (<http://catalog.ndsu.edu/past-bulletin-archive/2024-25/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/2024-25/search/?P=MATH%20103>) College Algebra or MATH 104 (<http://catalog.ndsu.edu/past-bulletin-archive/2024-25/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/2024-25/search/?P=CHEM%20121>) General Chemistry I/CHEM 121L (<http://catalog.ndsu.edu/past-bulletin-archive/2024-25/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