

# Exercise Science

## Department Information

- **Department Web Site:**  
[www.ndsu.edu/hnes/](http://www.ndsu.edu/hnes/) (<http://www.ndsu.edu/hnes/>)
- **Credential Offered:**  
B.S.
- **Sample Program Guide:**  
[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 30 credits must be NDSU resident credits. Resident credits include credits registered and paid for at NDSU.
6. At least 36 credits presented for graduation must be in courses numbered 300 or higher.
7. Students presenting transfer credit must meet the NDSU residence credits and the minimum upper level credit. Of the 30 credits earned in residence, a minimum of 15 semester credits must be in courses numbered 300 or above, and 15 semester credits must be in the student's curricula for their declared major.

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

### University General Education Requirements

A list of university approved general education courses and administrative policies are available here (<http://catalog.ndsu.edu/academic-policies/undergraduate-policies/general-education/#genedcoursestext>).

Code	Title	Credits
<b>Category C: Communication</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>Category R: Quantitative Reasoning <sup>†</sup></b>		<b>3</b>
<b>Category S: Science and Technology <sup>†</sup></b>		<b>10</b>
<b>Category A: Humanities and Fine Arts <sup>†</sup></b>		<b>6</b>
<b>Category B: Social and Behavioral Sciences <sup>†</sup></b>		<b>6</b>
<b>Category W: Wellness <sup>†</sup></b>		<b>2</b>
<b>Category D: Cultural Diversity <sup>**†</sup></b>		
<b>Category G: Global Perspectives <sup>**†</sup></b>		
<b>Total Credits</b>		<b>39</b>

\*

Courses for category D & G are satisfied by completing D & G designated 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.

## 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 <sup>1</sup>	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 <sup>1</sup>	4
CHEM 122 & 122L	General Chemistry II and General Chemistry II Laboratory	4
CSCI 114 or TL 116	Computer Applications Business Software Applications	3
HNES 170	Introduction to Exercise Science <sup>1</sup>	2
HNES 250	Nutrition Science	3
HNES 365	Kinesiology	3
HNES 368	Biomechanics of Exercise	3
HNES 370	Exercise and Disease	3
HNES 374	Methods in Resistance Training and Cardiovascular Conditioning	3
HNES 375	Research Methods and Design in Exercise Science	3
HNES 380	Exercise Behavior	3
HNES 465	Exercise Physiology	3
HNES 465L	Exercise Physiology Laboratory	1
HNES 472	Exercise Assessment and Prescription	3
HNES 476	Exercise Testing Laboratory	3
HNES 470	Professional Practices in Exercise Science (HNES 778) <sup>2</sup>	3
HNES 475	Exercise Science Internship (HNES 794) <sup>2</sup>	9
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	3
STAT 330	Introductory Statistics	3
<b>Total Credits</b>		<b>76</b>

1

Requires a grade of 'B' or better.

2

Students approved for the accelerated program take the graduate courses in place of the undergraduate courses.

## 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.

## Accelerated Undergraduate to Master's Degree Program

- Students may participate in an accelerated program in the following area:
  - B.S. Exercise Science to M.A. Trg. Master of Athletic Training
    - Program information and application process are found here (<https://catalog.ndsu.edu/programs-study/graduate/athletic-training/>).

- Undergraduate students must have completed a minimum of 60 undergraduate credits with a cumulative GPA of 3.00 or higher.
- Students are required submit an application to the Graduate School and an *Accelerated Degree Program Declaration* form prior to any graduate work.