

General Requirements for a Bachelor of Arts in Exercise Science: 120 minimum hours; Overall/WSU/Major GPA: 2.0

All Exercise Science majors are required to hold and maintain a nationally-accredited CPR/AED certification throughout the program. First Aid Certification is recommended. Proof must be submitted to the HPS office manager within your first semester in the program.

Requirements for Exercise Science Major:
 56 credit hours, to include:

Course and Number	Title of Course	Hrs	Notes
PHYS 213	General College Physics I	5	Gen Ed, Bucket 7
CHEM 211	General Chemistry I	5	Gen Ed, Bucket 7
HS 290 or BIOL 223	Foundational Human Anatomy & Physiology or Human Anatomy & Physiology	5	Gen Ed, Bucket 7
ID 300	Design Thinking and Innovation	3	Gen Ed, Bucket 5
HPS 113	Introduction to Exercise Science	3	
HPS 302	Administration in Exercise Science	3	
HPS 313 or PHS 331	Exercise & Sport Nutrition or Principles of Diet & Nutrition	3	
HPS 328	Kinesiology	3	
HPS 440	Concepts in the Prescription of Exercise	3	
HPS 461	Biomechanics in Human Movement	3	
HPS 470	Experiential Practicum in Exercise Science	3	
HPS 490	Physiology of Exercise	3	
HPS 495	Internship in Exercise Science	8	
HPS 541	Seminar in Strength Training	3	
HPS 762, STAT 370 or PSY 301	Statistical Concepts in Human Performance Studies, Elementary Statistics or Psychological Statistics	3	STAT 370=Gen Ed, Bucket 7; PSY 301=Preferred for Physical Therapy
Total		56	

Common Paths & Minors

Pre-Physical Therapy Path (WSU DPT) (Req./Rec.)

- BIOL 210 General Biology (4)
- CHEM 211 General Chemistry I (5)
- CHEM 212 General Chemistry II (5)
- MATH 123 College Trigonometry (3)
- PHYS 213 General College Physics I (5)
- PHYS 214 General College Physics II (5)
- BIOL 223 or HS 290 A & P (3)
- HPS 762, STAT 370 or PSY 301 Statistics (3)
- HPS 490 Physiology of Exercise (3)
- MLS 203/303 Medical Terminology (2/3)
- PSY 111 General Psychology (3)
- Upper-division Psychology (3)
- HS 301 Clinical Pharmacology (3)
- HS 600 Advanced Clinical Anatomy (5)
- HS 585 Neuroscience (3)
- ENGR 302 Accessible Design & Asst. Tech. Research Experience or class (3)
- (0-4)

Pre-Physician Associate Option (Req./Strong Rec.)

- CHEM 211 General Chemistry I (5)
- CHEM 212 General Chemistry II (5)
- CHEM 531 Organic Chemistry I (5)
- Or
- MLS 311 Biochem for Clin. Sci. (3)
- BIOL 210 General Biology I (4)
- BIOL 220 or BIOL 330 Microbiology (4/5)
- BIOL 223 or HS 290 A & P (5)
- STAT 370 or HPS 762 or PSY 301 (3)
- MLS 203 or MLS 303 Med. Term. (2/3)
- PSY 111 General Psychology (3)
- BIOL 419 Genetics or BIOL 309 Heredity (4/3)
- HS 301 Clinical Pharmacology (3)
- HS 400 Pathophysiology (4)
- Additional Organic or Bio CHEM (3-5)
- HS 600 or BIOL 534 (BIOL 211/CHEM 531) (3-5)

Pre-Medical Option (Req./Rec.)

CHEM 211 General Chemistry I	(5)
CHEM 212 General Chemistry II	(5)
CHEM 531 Organic Chemistry I	(5)
CHEM 532 Organic Chemistry II	(5)
CHEM 661 Biochemistry I (prereq CHEM 532)	(3)
BIOL 210 General Biology I	(4)
BIOL 211 General Biology II	(4)
MATH 111 AND MATH 123 Trig	
or	
MATH 112 PreCalc	(3/5)
PHYS 213 General College Physics I	(5)
PHYS 214 General College Physics II	(5)
<i>BIOL 330 Microbiology</i>	(4)
<i>BIOL 419 Genetics</i>	(4)
<i>BIOL 420 Molecular Cell Biology</i>	(4)
<i>BIOL 590 Immunobiology</i>	(3)
<i>STAT 370 Elementary Statistics</i>	(3)

Pre-Occupational Therapy Option (KU OTD)

PSY 325 Developmental Psychology	(3)
PSY 544 Abnormal Psychology (prereq PSY 324)	(3)
PHIL 327 Bioethics	(3)
STAT 370 or HPS 762 or PSY 301	(3)
BIOL 223 or HS 290 A & P	(5)
HS 600 or A & P II at CC	(4-5)
MLS 303 Medical Terminology	(3)

Pre-Chiropractic Option (Cleveland) (Strong Rec., preference given)

24 hours Life & Physical Science, from among these options:

CHEM 211 General Chemistry I	(5)
CHEM 212 General Chemistry II	(5)
CHEM 531 Organic Chemistry I	(5)
BIOL 223 or HS 290 A & P	(5)
BIOL 210	(4)
PSY 111 or higher	(3)
12 hours Humanities &/or Social Science	

Pre-Athletic Training (All classes require C or better)

BIOL 223 or HS 290 A & P	(5)
MLS 303 Medical Terminology	(3)
HPS 328 or HPS 461	(3)
HPS 331 Care & Prevention of Athletic Injuries	(3)
HPS 490 Physiology of Exercise	(3)
HPS 762 or STAT 370 Statistics	(3)
PSY 111 General Psychology	(3)
CHEM 211 General Chemistry I	(5)
HPS 313 or HS 331 Nutrition	(3)
PHYS 213 General College Physics I	(5)
BIOL 210 General Biology	(4)

Strength & Conditioning Emphasis

HPS 590 Independent Study	(3)
HPS 715 Body Composition & Weight Management	(3)
HPS 795 Physiology of Athletic Performance	(3)
HPS 797 Exercise in Health & Disease	(3)

Exercise Science Plus Course Electives (for qualifying seniors)

Must be a 500-level course or higher

HPS 510 Coaching Principles	(3)
HPS 541 Seminar in Strength & Conditioning	(3)
HPS 590 Independent Study	(3)
HPS 715 Body Composition & Weight Management	(3)
HPS 732 Patho of Cardio Disease	(3)
HPS 750L Motivation	(3)
HPS 780 Physical Dimensions of Aging	(3)
HPS 781 Cooperative Education Field Experience	(1-3)
HPS 790 Applied Exercise Physiology	(3)
HPS 795 Physiology of Athletic Performance	(3)
HPS 797 Exercise in Health & Disease	(3)
HPS 890 Special Topics	(3)
HPS 895 Applied Research	(1-4)

Electives outside the HPS Department may be considered for "ES Course Electives" upon approval.

Aging Studies Minor (12 hrs. required)

PHS 100	(3)
9 hours from the following:	
PHS 404, PHS 405, PHS 406, PHS 575, PHS 512, PHS 515, PHS 516,	
PHS 520, PHS 525, PHS 560, PHS 562, PHS 623, PHS 625, PHS 710,	
PHS 717, PHS 718	

Biology Minor (15-17 hrs. required)

BIOL 210 General Biology	(4)
BIOL 211 General Biology	(4)
and any two of the following:	
BIOL 418 General Ecology	(4)
BIOL 419 Genetics	(4)
or	
BIOL 420 Molecular Cell Biology	(4)
Or one of the above courses and one of the following:	
BIOL 330, BIOL 502, BIOL 503, BIOL 524, or BIOL 528	

Chemistry Minor (16 hrs. required)

CHEM 211 General Chemistry I	(5)
CHEM 212 General Chemistry II	(5)
And 6 hours from: CHEM 514, CHEM 523,	
CHEM 524, CHEM 531, CHEM 532, CHEM 545,	
CHEM 546 or CHEM 661	

Entrepreneurship Minor (15 hours required)

ENTR 310 The Entrepreneurial Experience	(3)
ENTR 440 New Venture Feasibility Analysis	(3)
ENTR 455 Entrepreneurial Finance	(3)
ENTR 668 New Venture Development	(3)
Select 3 additional credit hours from the following:	
ENTR 453 Digital Entrepreneurship	(3)
ENTR 460 Corporate Entrepreneurship	(3)

Health Management Minor (12 hrs. fromlist)

- PHS 310 Intro to US Health Services System (3)
- PHS 333 Org. Behavior & Leadership in Health Org. (3)
- PHS 344 Role of Culture in Health & Health Care (3)
- PHS 356 Intro Health Admin & Policy (3)
- PHS 408 Leadership in Self & Society (3)
- PHS 410 Health Communication (3)
- PHS 428 Health Care Organization (3)
- PHS 442 Intro to Financing HC Services (3)
- PHS 448 Quality Improvement in Health & HC (3)
- PHS 478 Health Economics (3)
- PHS 621 Supervisory Mgmt. in Health Care Orgs. (3)
- PHS 622 Human Resource Mgmt. in Health Care Org. (3)

Health Science Minor (18-19 hrs. required)

- PHS 310 Intro to US Health Services System (3)
- PHS 325 Intro to Epidemiology (3)
- PHS 344 Role of Culture in Health & Health Care (3)
- PHS 356 Intro Health Admin & Policy (3)
- Choose 6-7 hours from the list below:
- BIOL 106, BIOL 107, BIOL 210, BIOL 211, BIOL 220,
 BIOL 223, BIOL 330, BIOL 419, BIOL 534, BIOL 535,
 CHEM 103, CHEM 211, CHEM 212, CHEM 531, CHEM 661,
 ECON 231, MLS 203 or MLS 303, HP 330, HPS 490, HPS 762,
 HS 290, HS 301, HS 400, HS 600, MATH 123, MATH 112,
 MATH 242, MLS 311, PHS 101, PHS 331, PHYS 111, PHYS 131,
 PHYS 213, PHYS 214, PSY 301, STAT 370

Psychology Minor (15 hours required)

- PSY 111
- 4 more PSY classes

Public Health Minor (12 hrs. from list)

- PHS 101 Introduction to Public Health
- PHS 325 Introduction to Epidemiology
- PHS 333 Organizational Behavior & Leadership in Health Org.
- PHS 344 The Role of Culture in Health and Health Care
- PHS 327 Introduction to Global Health Issues
- PHS 410 Health Communication
- PHS 413 Intro to Soc. and Behav. Aspects of Public Health
- PHS 416 Intro to Environmental Health
- PHS 624 Community Development Methods
- PHS 644 Program Planning & Evaluation

Sport Management Minor (15 hours required, 9 of which must be taken at WSU, with a 2.0 GPA in minor)

- SMGT 112 Intro to Sport Management (3)
- Choose 4 from the list below:
- SMGT 330 Applied Leadership Exp. In Sport/Enter. (3)
- SMGT 426 Sport Public Relations (3)
- SMGT 461 Legal Aspects Sport/Phys. Act. 1 (3)
- SMGT 465 Psychology of Sport/Phys. Act. (3)
- SMGT 466 Sport Marketing & Promotion (3)
- SMGT 475 Diversity in SMGT (3)
- SMGT 520 Sport Tournament & Event Mgmt. (3)
- SMGT 525 Sport Facility Mgmt. (3)
- SMGT 545 Sport Governance & Policy (3)

Wellness Minor (12 hours required)

- EDUC 500 (3)
- Choose 9 hours from the list below:
- EDUC 400 Applied Studies Practicum (3)
- HPS 1030 Meditation (1)
- HPS 103Y Yoga (1)
- HPS 750L Motivation (1)
- CLES 750M Mindfulness & Acceptance in Therapy (3)
- CESP 750Z Stress Management Technique (3)
- SOC 337 Young Women's Health (3)
- SOC 338 Health & Lifestyle (3)
- SOC 399AD Sociology of Mental Disorders (3)
- SOC 537 The Social Consequences of Disability (3)

Fitness Certificate (12 hours)

- HPS 313 Exercise & Sport Nutrition (3)
- HPS 440 Prescription of Exercise (3)
- HPS 541 Seminar in Strength & Conditioning (3)
- HPS 750L Motivation (3)

Coaching Certificate (Choose 12 hours)

- HPS 510 Coaching Principles (3)
- HPS 750L Motivation (3)
- SMGT 465 Psychology of Sport & Fitness (3)
- SMGT 750D Sociology of Coaching (3)
- SMGT 750N Soc & Psy Foundations of Sport (3)

Weight Training Certificate (Choose 12 hours)

- HPS 106E Weight Training (1)
- HPS 313 Exercise & Sport Nutrition (3)
- HPS 440 Prescription of Exercise (3)
- HPS 541 Seminar in Strength & Conditioning (3)
- HPS 750L Motivation (3)
- Internship w/certified weights instructors at area high schools or
 WSU sports clubs (e.g., Rowing team) (2)