



# B.S. in Exercise Science: Exercise Specialist Concentration (P)

## North Hennepin CC Exercise Science Courses

1.	BIOL 1001/1101(BIO 200)	Biology I w/Lab (MnTC Goal 3)	4 cr.
2.	CHEM 1010/1061(CHEM 110)	Intro. to Chemistry w/Lab (MnTC Goal 3)	4 cr.
3.	BIOL 2111	(BIOL 305) Human Anatomy & Physiology I w/Lab	4 cr.
4.	BIOL 2112	(BIOL 306) Human Anatomy & Physiology II w/Lab	4 cr.
5.	PSYC 1150	(PSYC 101) General Psychology (MnTC Goals 5 & 7)	3 cr.
6.	MATH 1130	(MATH 200) Elementary Statistics (MnTC Goal 4)	3 cr.
7.	HLTH 1070	(EXSC 225) Nutrition	3 cr.
8.	EXSC 1500/2010(EXSC 101)	Foundations of Exercise Science	3 cr.
9.	EXSC 1250	(EXSC 180) Wellness for Life	3 cr.
10.	EXSC 2270	(EXSC 325) Essentials of Sport & Exercise Nutrition	3 cr.
11.	EXSC 2490	(EXSC 100/L)Kinesiology	4 cr.
			Subtotal = 38 credits

## SMSU Exercise Science

12.	MATH201/PSYC 200L	Statistical Software/Statistics for the Behavioral Sciences	1 cr.
13.	EXSC 300	Biomechanics	3 cr.
14.	EXSC 350	Exercise Physiology I w/Lab	4 cr.
15.	EXSC 360	Athletic Enhancement, Human Performance, & Exercise Leadership	2 cr.
16.	EXSC 380	Community and Corporate Wellness and Health Promotion	3 cr.
17.	EXSC 390	Fitness Assessment	2 cr.
18.	EXSC 400	Motor Learning & Development	2 cr.
19.	EXSC 465	Research Methods & Professional Development	3 cr.
20.	EXSC 475	Capstone Research	3 cr.
21.	EXSC 480	Principles of Training & Conditioning	3 cr.
22.	EXSC 490	Exercise Prescription	3 cr.
23.	EXSC 499	Professional Practicum	3 cr.
			Subtotal = 32 credits

## Selected Electives (Choose 2 courses from the following list for 6cr)

a)	MGMT 300	Management Principles (online; 3 cr.)	
b)	MKTG 301	Principles of Marketing (online; 3 cr.)	
c)	BLAW 305	Legal Environment & Contracts (online; 3 cr.)	
d)	FIN 330	Financial Management for Small Business (online; 3 cr.)	
e)	EXSC 450	Advanced Exercise Physiology (3cr)	
f)	PSYC 301	Sport and Performance Psychology (online; 3cr)	
g)	ENG 360	Scientific and Technical Writing (online; 3cr)	6cr.
			Subtotal = 38 credits

All Bachelor's Degrees require 120 credits including 40 Upper Division (300+ level) credits to obtain their Bachelor's Degree. This plan reaches 37 of those 40 credits. Therefore, we will need to find 3cr more of Upper Division credits with either more electives or EXSC499. You may also need to complete several MnTC Goal classes to complete all 10 goal areas.

## Career Opportunities in Exercise Science: Exercise Specialist

- Personal Training
- Business Owner in Exercise
- Manage a Fitness Facility
- Corporate Wellness Director
- Cardiac Rehab/Exercise Physiology
- Sales, Exercise Equipment/Apparel
- Masters/PhD Graduate School in ExSci
- PT, OT, PA, or Chiropractic School
- Athletic/Strength & Conditioning Coaching

Contact: Dr. Morgan Betker – [morgan.betker@smsu.edu](mailto:morgan.betker@smsu.edu) – please email with questions or to schedule a meeting!

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