



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 1120/1250(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 Core

12.	MATH 201	Statistical Software	1 cr.
13.	ENG 360	Scientific and Technical Writing	3 cr.
14.	EXSC 300	Biomechanics	3 cr.
15.	EXSC 350	Exercise Physiology I w/Lab	4 cr.
16.	EXSC 390	Fitness Assessment	2 cr.
17.	EXSC 400	Motor Learning & Development	2 cr.
18.	EXSC 475	Capstone Research	3 cr.
19.	EXSC 480	Principles of Training & Conditioning	2 cr.
20.	EXSC 490	Exercise Prescription	2 cr.
21.	EXSC 499	Professional Practicum	3 cr.
			Subtotal = 25 credits

SMSU Concentration: Exercise Specialist

21.	EXSC 360	Athletic Enhancement & Exercise Leadership	2 cr.
22.	EXSC 380	Community and Corporate Wellness and Health Promotion	3 cr.
23.	EXSC 488	Professional Communication	3 cr.
24.	Selected Electives (Choose 2 courses from the following list)		
a)	MGMT 300	Management Principles (3 cr.)	
b)	MKTG 301	Principles of Marketing (3 cr.)	
c)	BLAW 305	Legal Environment & Contracts (3 cr.)	
d)	FIN 330	Financial Management for Small Business (3 cr.)	
e)	EXSC 450	Advanced Exercise Physiology (3cr)	
f)	PSYC 301	Sport and Performance Psychology (3cr)	
			Subtotal = 14 credits
25.	LEP 400	Contemporary Issues (graduation requirement)	3 cr.
			Total = 77 credits

Career Opportunities in Exercise Science: Exercise Specialist

- Personal Training
- Exercise Specialist
- Athletic Enhancement
- Manage a Fitness Facility
- Corporate Wellness Director
- Business Owner in Exercise
- Assisted Living
- Sales, Exercise Equipment/Apparel
- Graduate School in Exercise Science
- Professional School (PT, OT, PA, Chiropractic School)
- Athletic Coaching/Strength & Cond.

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