

Exercise Science (B.S.)

2025-2026 catalog

Student Name: _____ ID Number: _____

Major Requirements

Term Completed/Planned	Grade	Credit	Course #	Title
_____	_____	4	HPE104	Components of Fitness Training
_____	_____	2	HPE150	Introduction to Health, Physical Education, and Exercise Science
_____	_____	4	HPE203 and 203L	Human Anatomy and Physiology (<i>or completed as BIO103/103L</i>)
_____	_____	2	HPE214	Health and Safety Education
_____	_____	2	HPE240	Medical Terminology
_____	_____	4	HPE300	Nutrition for Exercise Science
_____	_____	4	HPE303 and 303L	Advanced Human Anatomy and Physiology
_____	_____	2	HPE315	Exercise Testing and Prescription
_____	_____	2	HPE321	Motor Learning and Development
_____	_____	4	HPE350 and 350L	Kinesiology
_____	_____	2	HPE357	Research Methods and Measurement in Health, Physical Education, and Exercise Science
_____	_____	2	HPE370 and 370L	Prevention and Care of Athletic Injuries
_____	_____	4	HPE404	Advanced Fitness Training
_____	_____	2	HPE450	Current Health Issues
_____	_____	4	HPE451 and 451L	Physiology of Exercise
_____	_____	2	HPE452	Advanced Biomechanics
_____	_____	4	HPE490	Exercise Science Seminar and Keystone (KC)
Complete one (1) of HPE397 or HPE399				
_____	_____	2	HPE397	Internship
_____	_____	4	HPE399	Internship
Complete six (6) credits of electives chosen from:				
_____	_____	2	WEL133	Nutrition, Activity, and Healthy Eating
_____	_____	2	HPE115	Chemical Dependency Education
_____	_____	4	HPE206	Introduction to Sport and Fitness Management
_____	_____	4	HPE215	Health and Exercise Psychology
_____	_____	4	HPE380	Coaching Theory
_____	_____	4	HPE382	Sport Psychology
_____	_____	5	BIO151 and 151L	Introductory Biology (NSM-L)
_____	_____	5	BIO152 and 152L	Evolution, Ecology, and Diversity (NSM-L)
_____	_____	5	CHM115 and 115L	General Chemistry I (NSM-L)
_____	_____	5	CHM116 and 116L	General Chemistry II (NSM-L)
_____	_____	4	PSY105	Principles of Psychology (SBS)

Abbreviation Key: ML = Modern Language; SC = Signature Curriculum; EM = Engaging Minneapolis; AE = Augsburg Experience; KC = Senior Keystone Course; NSM = Natural Science & Mathematics - no lab; NSM-L = Natural Science & Mathematics-with lab; SBS = Social & Behavioral Science; FA = Fine Arts; HUM = Humanities