BLACK HILLS STATE UNIVERSITY

Major: **Exercise Science**

2026-2027 - Status Sheet

Minor: **Athletic Coaching**

Degree: **Bachelor of Science**

120 hours are required to graduate _____

36 hours of upper level are required _____

BBS.EXS-SCI

BBS.EXS-STC

Prepared by:

Phone #:

Date:

Exit Exam: PE 462

NAME:

ID or SSN:

Gen Ed Requirements				Has 100 200	Has 300 400	Needs 100 200	Needs 300 400
3	ENGL	101	Composition I				
3	ENGL	201	Composition II				
3	CMST	101	215 222				
3	MATH: 103, 104, 114, 115, 120, 121, 123, 281						
3-5	Natural Science & Lab						
3-5	Natural Science & Lab						

SOCIAL SCIENCE: take 2 courses from two different subject areas, 1 must be an * course - Civics Requirement. **ARTS & HUMANITIES:** take 2 courses from two different subject areas, (ART/H) are same subject) or a Foreign Language sequence.

Social Science - 2 courses required

ABS 203, ANTH 210, 220, 230, **CIV 100***, CJUS 201, CMST 201 ECON 201, 202, GEOG 101, 200, 210, 212, 219 , GLST 201, HDFS 141, 210, **HIST 151*, 152***, 256, 257, INED 211, NATV 110 , **POLS 100***, 102, 141, 165, **210***, 250, 253, PSYC 101 , REL 237 , SOC 100, 150, 151, 240, 250, 285, SUST 201 , UHON 111, 210, WMST 247

Arts & Humanities - 2 courses required

ARCH 241, ART 111, 112, 121, 123, ARTH 100, 121, 211, 212, 231, 251 , ENGL 115, 210, 211, 212, 214, 221, 222, 230, 240, 241, 242, 248, 249, 250, 256, 258, 268, FREN 101, 102, 201, 202, GER 101, 102, 201, 202 , HIST 111, 112, 121, 122 HUM 100, 101, 200, LAKL 101, 102, 201, 202 , MCOM 151, 160, MFL 101, 102 , MUS 100, 117, 130, 131, 200, 201, 203, 240, PHIL 100, 200, 215, 220, 233, 240, 270, 287, REL 213, 224, 225, 238, 250, SPAN 101, 102, 201, 202, THEA 100, 131, 200, 201, 231, 270

			Addl. hours in major/minor to meet 50% rule				
			Addl. hours to meet 60 from 4-yr Inst.				
			Addl. hours to total 36 upper level				
			Addl. hours to total 120				
Minor in Athletic Coaching - 19 hours							
4	EXS	250/L	Human A & P & Lab	see major			
3	EXS	354/L	Prev/Care of Ath Inj & Lab	see major			
3	HLTH	422	Nutrition	see major			
3	PE	300	Applied Sport/Exercise Sci				
2	take one of the following						
	PE	469	Coaching Baseball/Softball				
	PE	470	Coaching Basketball				
	PE	471	Coaching Football				
	PE	473	Coaching Track/Field				
	PE	475	Coaching Volleyball				
4	take two of the following						
	PE	440	Org. & Admin of HPER/A				
	PE	453	Sport Psychology				
	PE	4xx	Coaching Methods (not previously used above)				
+	(If Necessary) Additional hours in minor to meet 50% rule						
			TOTALS:				

Major Requirements				Has 100 200	Has 300 400	Needs 100 200	Needs 300 400
Required Core = 55 hours							
2	EXS	101	The Exercise Science Major				
4	EXS	250/L	Human Anatomy & Physiology/Lab				
3	EXS	280/L	Fitness Assessment/Lab				
3	EXS	285	Exercise & Chronic Disease				
3	EXS	286	Medical Word Origins				
3	EXS	300	Intro to Research				
4	EXS	350/L	Exercise Physiology/Lab				
4	EXS	353/L	Kinesiology/Lab				
3	EXS	354/L	Care & Prevention of Athletic Injuries/Lab				
3	EXS	425/L	Exer Program for Special Populations/Lab				
3	EXS	452	Motor Learning & Development				
4	EXS	454/L	Biomechanics/Lab				
2	EXS	462	Exercise Leadership				
3	EXS	482	Theory of Strength Training/Conditioning				
2	EXS	489	Applied Human Performance				
5	EXS	494	Internship				
1	HLTH	251	First Aid & CPR				
3	HLTH	422	Nutrition				
Select one Specialization							
Science Specialization = 13-15 hours							
(BBS.EXS-SCI)							
	BIOL	101/L	Biology Survey I/Lab **&**				
	BIOL	103/L	Biology Survey II/Lab				
6-8			**OR**				
	BIOL	151/L	General Biology I/Lab **&**				
	BIOL	153/L	General Biology II/Lab				
	CHEM	106/L	Chemistry Survey/Lab				
4			**OR**				
	CHEM	112/L	General Chemistry I/Lab				
	MATH	281	Introduction to Statistics				
3			**OR**				
	PSYC	371	Statistics in Psychological Research				
Strength & Conditioning Specialization = 16 hours							
(BBS.EXS-STC)							
3	HLTH	370	Stress Management				
3	HLTH	410	Current Issues in Health				
4	EXS	494	Exercise Science Internship				
3	PE	300	Applied Sport & Exercise Science				
1	PE	100	Weight Training for Life				
2	PE	453	Sport Psychology				
87-90			TOTALS:				