



BLACK HILLS
STATE UNIVERSITY

Major: **Exercise Science**
2026-2027 - Status Sheet

Minor: **Health**
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:

				Has		Needs						Has		Needs					
Gen Ed Requirements				100	300	100	300	Major Requirements				100	300	100	300				
				200	400	200	400					200	400	200	400				
3	ENGL	101	Composition I					Required Core											
3	ENGL	201	Composition II					2	EXS	101	The Exercise Science Major								
3	CMST	101	215 222					4	EXS	250/L	Human Anatomy & Physiology/Lab								
3	MATH:	103, 104, 114, 115, 120, 121, 123, 281						3	EXS	280/L	Fitness Assessment/Lab								
3-5	Natural Science & Lab							3	EXS	285	Exercise & Chronic Disease								
3-5	Natural Science & Lab							3	EXS	286	Medical Word Origins								
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.								3	EXS	300	Intro to Research								
Social Science - 2 courses required								4	EXS	350/L	Exercise Physiology/Lab								
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								4	EXS	353/L	Kinesiology/Lab								
Arts & Humanities - 2 courses required								3	EXS	354/L	Care & Prevention of Athletic Injuries/Lab								
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								3	EXS	425/L	Exer Program for Special Populations/Lab								
Addl. hours in major/minor to meet 50% rule								3	EXS	452	Motor Learning & Development								
Addl. hours to meet 60 from 4-yr Inst.								4	EXS	454/L	Biomechanics/Lab								
Addl. hours to total 36 upper level								2	EXS	462	Exercise Leadership								
Addl. hours to total 120								3	EXS	482	Theory of Strength Training/Conditioning								
Health Minor - 18 hours								2	EXS	489	Applied Human Performance								
3	HLTH	110	Health Concepts					5	EXS	494	Internship								
2	HLTH	201	ATOD Prevention Ed					1	HLTH	251	First Aid & CPR								
1	HLTH	251	First Aid & CPR	See major				3	HLTH	422	Nutrition								
3	HLTH	370	Stress Management					Select one Specialization											
3	HLTH	410	Current Issues in Health					Science Specialization = 15 hours											
3	HLTH	420	K-12 Mthds Hlth Instruction					(BBS.EXS-SCI)											
3	HLTH	422	Nutrition	See major				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											
								3 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											
TOTALS:								TOTALS:											