



Winona State University
Four-Year Program Map

Created on 5/25/2017
Effective Fall 2017

Program: Exercise and Rehabilitative Science: Exercise Science Major
Emphasis (optional): (BS ERES)

	Fall Semester			Spring Semester		
	Course	Requirement Met	SH	Course	Requirement Met	SH
Year 1	ENG 111 or CMST 191 or 192 (192 is recommended)	GE Goal 1	3-4	CMST 191 or 192 (192 is recommended) or ENG 111	GE Goal 1	3-4
	HERS 204 Personal & Community Health	Major/PDW	3	HERS 280 Foundations of Exercise Science	Major	3
	STAT 110 Fundamentals of Statistics	GE Goal 4/Major	3	HERS 205 Nutrition for Lifetime Wellness	Major	3
	BIOL 211 Anatomy & Physiology I	GE Goal 3/Major	4	PSY 210 Introduction to Psychological Science	GE Goal 5	3
	OR 100 Introduction to Higher Education	Recommended	1	BIOL 212 Anatomy & Physiology II	GE Goal 3/Major	4
	<i>NOTE: Classes required for the major require a grade of C or better. Degree credit totals equal 120 if OR 100 is not taken.</i>					
First-Year Fall Semester Credit Hour Total			14-15	First-Year Spring Semester Credit Hour Total		16-17
Year 2	HERS 291 Prevention & Care of Athletic Injuries	Major	2	HERS 340 Physiology of Exercise or 314 Anatomical Kinesiology	Major/WI	4
	HERS 314 Anatomical Kinesiology or 340 Physiology of Exercise	Major/WI	3	General Education Course	GE Goal 5/6/7/8/10	3
	General Education Course	GE Goal 5/6/7/8/10	3	General Education Course	GE Goal 5/6/7/8/10	3
	General Education Course	GE Goal 5/6/7/8/10	3	General Education Course	GE Goal 5/6/7/8/10	3
	General Education Course	GE Goal 5/6/7/8/10	3	Elective Course	Major	3
	<i>NOTE:</i>			<i>NOTE:</i>		
Second-Year Fall Semester Credit Hour Total			14	Second-Year Spring Semester Credit Hour Total		16
Year 3	HERS 328 Behavioral Interventions	Major/OI	3	HERS 363 Practicum (need to take it twice)	Major	1
	HERS 335 Exercise Science Seminar	Major	1	HERS 370 Mechanical Kinesiology	Major	4
	HERS 350 Program Planning	Major/WI	3	HERS 389 Strength & Conditioning or 402 Advanced Fitness Program	Major	3
	HERS 380 Lab Methods	Major	2	HERS 403 Epidemiology	Major/CAI	3
	NURS 361 Pharmacology for Non-Nuring Majors	Major	1	General Education Course	GE Goal 5/6/7/8/10	3
	HERS 402 Adv Fitness Prgm. or 389 Strength & Cond.	Major	3	General Elective	Elective	1
	Phil 330 Bio Med Ethics (recommended for GE)	GE Goals 6 & 9	3			
<i>NOTE: Prior to Enrolling in Practicum, you must be current in First Aid and CPR/AED certifications, complete a background check, provide proof of health insurance, provide immunization records from healthcare provider, and proof of yearly tuberculosis (TB) test. You must also complete: BIOL 211 & 212, HERS 402 or 389, STAT 110 or 210, GPA > 2.5.</i>			<i>NOTE: INTERSHIP SEARCH BEGINS! Information Needed Prior to Internship: Important Notices Form and Attend Mandatory Internship Workshop. Current CPR/AED and Standard First Aid certification, Mantoux Test and Immunization Records from healthcare provider, proof of health insurance, background study.</i>			
Third-Year Fall Semester Credit Hour Total			16	Third-Year Spring Semester Credit Hour Total		15
Year 4	HERS 363 Practicum (need to take it twice)	Major	1	HERS 499 Internship in Exercise Science	Major	12
	HERS 468 Pathophysiology for Health Professions	Major	3			
	HERS 445 Med Aspects of Exercise	Major/WI	3			
	HERS 460 Nutrition for the Physically Active	Major	3			
	General Elective	Elective	3			
	General Elective	Elective	3			
	<i>NOTE: Secure Internship during fall semester and submit Intent to Internship form and DARS to Internship professor. Fall interns by April 1, spring interns by Nov. 1, summer interns by March 1. Apply for graduation after spring registration..</i>			<i>NOTE:</i>		
Fourth-Year Fall Semester Credit Hour Total			16	Fourth-Year Spring Semester Credit Hour Total		12

Total Credit Hours (SH): 120

Guide to 4 Year Major Maps

- 4 Year Major Maps are intended to show a recommended four-year pathway to a degree. Students must be fulltime, college ready, and ready to declare a major to follow the map exactly as shown. Maps are only a sample; there may be other pathways that lead to completion of the degree in four years.
- Major Maps are NOT intended to take the place of meetings with advisors.
- Major Maps are NOT intended to take the place of the Degree Audit System (DARs).

All courses listed on a major map will be labelled as one or more of the following:

GE Goal	General Education Goal Area	Indicates that the course meets one of the 10 General Education Goals
Gen Elec	General Elective	Indicates that the course does not meet a General Education, Major or Minor requirement but does count toward the degree
Major	Major Requirement	Indicates that the course meets a Major requirement
Major Elec	Major Elective	Indicates that the course counts toward the major as an elective, must be chosen from list of approved courses
Minor	Minor Requirement	Indicates that the course meets a Minor requirement
CAI	Critical Analysis Intensive	Indicates that the course counts as a Critical Analysis Intensive
OI	Oral Intensive	Indicates that the course counts as an Oral Intensive
WI	Written Intensive	Indicates that the course counts as a Written Intensive
PDW	Personal Development and Wellness	Indicates that the course counts as a Personal Development and Wellness Requirement

General Education Goal Areas:

		Minimum credits required
Goal 1	Communication	7 credits
Goal 2	Critical Thinking (Met with completion of all other goal areas)	--
Goal 3	Natural Science	7 credits
Goal 4	Mathematics	3-4 credits
Goal 5	History, Social/Behavioral Sciences	9 credits
Goal 6	Humanities and Fine Arts	9 credits
Goal 7	Human Diversity	3 credits
Goal 8	Global Perspective	3 credits
Goal 9	Ethic and Civic Responsibility	3 credits
Goal 10	People and the Environment	3 credits

Graduation Requirements:

- Minimum of 120 total credits (semester hours) required for Bachelors' Degree
- Minimum of 40 General Education credits required
- Minimum of 40 Upper Division credits required
- Minimum of 30 Residence credits required in Junior/Senior years
- Minimum WSU cumulative grade point average of 2.00; some programs require higher grade point averages

Major Maps are not contracts. Winona State University reserves the right to make changes at any time, without prior notice, to programs, policies, procedures and information described in this major map. Students should consult the appropriate academic department or college for currently accurate program information.