



Winona State University  
Four-Year Program Map

Created on 5/24/2017  
Effective Fall 2017

**Program:** Exercise & Rehabilitative Science: Clinical Exercise Science Majors  
**Emphasis (optional):** (BS ERCE)

Fall Semester				Spring Semester		
	Course	Requirement Met	SH	Course	Requirement Met	SH
<b>Year 1</b>	ENG 111 or CMST 191 or 192 (192 recommended)	GE Goal 1	3-4	CMST 191/192 (192 recommended) or ENG 111	GE Goal 1	3-4
	STAT 110 or 210 Fundamentals of Statistics or Statistics	GE Goal 4/Major	3	BIOL 212 Anatomy & Physiology II	GE Goal 3/Major	4
	BIOL 211 Anatomy & Physiology I	GE Goal 3/Major	4	HERS 205 Nutrition for Lifetime Wellness	Major/PDW	3
	General Education Course	GE Goal 5/6/7/8/10	3	HERS 280 Foundations of Exercise Science	Major	3
	OR 100 Introduction to Higher Education	Recommended	1	General Education Course	GE Goal 5/6/7/8/10	3
	<i>NOTE: Obtain CPR/AED &amp; First Aid certification. A grade of C or better is required in all major courses. A GPA of 2.8 is required for graduation. If OR 100 is taken, the student will be at 121 credits.</i>			<i>NOTE:</i>		
<b>First-Year Fall Semester Credit Hour Total</b>			<b>14/15</b>	<b>First-Year Spring Semester Credit Hour Total</b>		<b>16/17</b>
<b>Year 2</b>	HERS 204 Personal & Community Health	Major/PDW	3	HERS 291 Prevention & Care of Athletic Injuries	Major	2
	BIOL 171 Medical Terminology A (recommended)	Major	1	HERS 340 Physiology of Exercise	Major/WI	4
	General Education Course	GE Goal 5/6/7/8/10	3	BIOL 172 Medical Terminology B (recommended)	Major	1
	General Education Course	GE Goal 5/6/7/8/10	3	NURS 392 Cardiac Risk Prevention	Major	3
	General Education Course	GE Goal 5/6/7/8/10	3	PHIL 330 Biomedical Ethics (recommended)	GE Goals 6 & 9	3
	General Education Course	GE Goal 5/6/7/8/10	3	General Education Course	GE Goal 5/6/7/8/10	3
<i>NOTE: To remain under 120 credits, take courses that meet two goal areas within GOALS 5-10.</i>			<i>NOTE: Students must earn a minimum 40 S.H. credits of 300 &amp; 400 Level Courses.</i>			
<b>Second-Year Fall Semester Credit Hour Total</b>			<b>16</b>	<b>Second-Year Spring Semester Credit Hour Total</b>		<b>16</b>
<b>Year 3</b>	HERS 380 Lab Methods in Exercise Science	Major	2	HERS 361 Practicum in Clinical Exercise Science	Major	1
	HERS 344 Electrocardiography (Fall only)	Major	3	HERS 370 Mechanical Kinesiology	Major	4
	NURS 361 Pharmacology for Non-Nursing Majors	Major	1	HERS 402 Advanced Fitness Programming	Major	3
	HERS 468 Pathophysiology for the Health Professional	Major	3	HERS 420 Clinical Exercise Test/Prescription*	Major	4
	HERS 314 Anatomical Kinesiology	Major	3	HERS 460 Nutrition for Physically Active	Major	3
	General Education Course	GE Goal 5/6/7/8/10	3	General Elective	General	1
<i>NOTE: Information needed prior to Practicum: Proof of Medical Insurance, proof of CPR/Professional Rescuer &amp; Adult First Aid, dates of Mantoux test &amp; Immunizations records, complete background study.</i>			<i>NOTE: *HERS 420 Spring only/ to be taken after HERS 344 is completed. <b>INTERNSHIP SEARCH BEGINS!</b></i>			
<b>Third-Year Fall Semester Credit Hour Total</b>			<b>15</b>	<b>Third-Year Spring Semester Credit Hour Total</b>		<b>16</b>
<b>Year 4</b>	HERS 328 Behavioral Interventions	Major/OI	3	HERS 497 Internship	Major	12
	HERS 361 Practicum in Clinical Exercise Science	Major	1			
	HERS 385 Senior Seminar: Clinical Ex. Science (Fall only)	Major	3			
	HERS 403 Epidemiology OR STATS 440	Major/CAI	3			
	HERS 445 Medical Aspects of Exercise	Major/WI	3			
	General Elective	General	1			
<i>NOTE: Attend Internship workshop, register for Internship.</i>			<i>NOTE:</i>			
<b>Fourth-Year Fall Semester Credit Hour Total</b>			<b>14</b>	<b>Fourth-Year Spring Semester Credit Hour Total</b>		<b>12</b>

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.