



Winona State University
Four-Year Program Map

Created on 2/7/2023
 Effective Fall 2022

Program: Exercise Science (BS ERMS)
Emphasis (optional): Movement Science

Fall Semester				Spring Semester		
	Course	Requirement Met	SH	Course	Requirement Met	SH
Year 1	ENG 111 or CMST 192/191	GE Goal 1	4/3	CMST 191/ 192 or ENG 111	GE Goal 1	3/4
	BIOL 211 Anatomy & Physiology I*	GE Goal 3/Major	4	BIOL 212 Anatomy & Physiology II*	GE Goal 3/Major	4
	STAT 110 Fund of Statistics	GE Goal 4	3	BIOL 171 or 172 Med Terminology A or B	Major	1
	HERS 205 Nutrition for a Lifetime	Major/PDW	3	MATH117 or 120 Precalc Modeling or Pre-Calculus	Major	4
	OR 100 Orientation	Recommended	1	PSY 210 General Psychology*	GE Goal 5/Major	3
NOTE: GPA of a 3.0 is required for this major. Classes required for Movement Science Major requires a letter grade of "C" or better. If students take Chem 213 and Phys 202 the credit total will be over 120.				NOTE:*Double counts in General Education		
First-Year Fall Semester Credit Hour Total			14/15	First-Year Spring Semester Credit Hour Total		
Year 2	CHEM 212 Principles of Chemistry I	GE Goal 3/Major	4	Elective or Chem 213 Prin. II, For non-Pre OT Students only	Major	3/4
	SOC 150 Intro to Sociology*	GE Goal 5/7	3	HERS 314 Anatomical Kinesiology	Major	3
	HERS 280 Foundation of Exercise Science	Major	3	HERS 340 Physiology of Exercise	Major/WI	4
	HERS 291 Prevention & Care of Athletic Injuries	Major	2	PSY 420 Abnormal Psychology	Major	3
	PSY 250 Developmental Psychology*	GE Goal 5/Major	3	HERS 364 Practicum in Movement Science	Major	1
NOTE:				NOTE: Student Applications to Research Focus Due May 15th.		
Second-Year Fall Semester Credit Hour Total			15	Second-Year Spring Semester Credit Hour Total		
Year 3	HERS 370 Mechanical Kinesiology	Major	4	Elective/PHYS 202 for Non-Pre OT Students only	Major	3/4
	BIOL 241 Basics of Life	Major	4	BIOL 307 or 308 Cell Biology OR PSY 303 Brain & Behavior	Major	3
	PHYS 201 General Physics I	Major	4	HERS 380 Lab Methods in Exercise Science	Major/OI	2
	General Education Humanities	GE Goal 6	3	HERS 402 Advanced Fitness Programming	Major	3
				Research or Academic Focus**	Major	4
NOTE:				NOTE: **Depending on whether student chooses Research or Academic Focus classes offered may vary. See DARS for a full list of options for courses that are offered. Take GRE exam this summer. Apply to Grad Schools mid-July.		
Third-Year Fall Semester Credit Hour Total			15	Third-Year Spring Semester Credit Hour Total		
Year 4	HERS 460 Nutrition for Physically Active	Major	3	HERS 445 MED Aspects of Exercise	Major/WI	3
	HERS 468 Pathophysiology	Major/CAI	3	CMST 451 or HERS 328	Major/OI	3
	General Education Course (Fine Arts)	GE Goal 6	3	General Education Course	GE Goal 9	3
	General Education Course	GE Goal 8	3	General Education Course	GE Goal 10	3
	HERS 464 Winona Survivors Unite in Exercise	Major	2	General Education Course (Humanities or Fine Art)	GE Goal 6	3
	Research Or Academic Focus^	Major	3			
NOTE: ^ Research Focus only HERS 412 Mov Science Research Data Collection - Fall Only				NOTE:		
Fourth-Year Fall Semester Credit Hour Total			17	Fourth-Year Spring Semester Credit Hour Total		

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 full-time, 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 (DARs/uAchieve).

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.