



Winona State University  
Four-Year Program Map

Created on 8/7/2023  
Effective Fall 2023

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

	Fall Semester			Spring Semester		
	Course	Requirement Met	SH	Course	Requirement Met	SH
<b>Year 1</b>	ENG 111 College Reading & Writing	GE Goal 1	4	CMST 192 Intro to Speech Communication	GE Goal 1	3
	HERS 204 Personal & Community Health or HERS 205	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 or HERS 204	Major	3
	BIOL 211 Anatomy & Physiology I	GE Goal 3/Major	4	PSY 210 Introduction to Psychological Science	GE Goal 5/Major	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>					
<b>First-Year Fall Semester Credit Hour Total</b>			<b>15</b>	<b>First-Year Spring Semester Credit Hour Total</b>		<b>16</b>
<b>Year 2</b>	HERS 291 Prevention & Care of Athletic Injuries	Major	2	HERS 314 Anatomical Kinesiology	Major	3
	HERS 340 Physiology of Exercise	Major/WI	4	HERS 403 Epidemiology	Major/CAI	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
	<i>NOTE:</i>			<i>NOTE:</i>		
<b>Second-Year Fall Semester Credit Hour Total</b>			<b>15</b>	<b>Second-Year Spring Semester Credit Hour Total</b>		<b>16</b>
<b>Year 3</b>	HERS 328 Behavioral Interventions	Major/OI	3	HERS 363 Practicum (need to take it twice)	Major	1
	HERS 380 Lab Methods	Major	2	HERS 402 Advanced Fitness Programming	Major	3
	HERS 468 Pathophysiology for the Health Professionals	Major/CAI	3	HERS 445 Medical Aspects of Exercise	Major/WI	3
	General Education Course	GE Goal 5/6/7/8/10	3	NURS 361 Pharmacology for Non-Nursing Majors	Major	1
	General Education Course	GE Goal 5/6/7/8/10	3	General Elective	Elective	3
	General Education Course	GE Goal 5/6/7/8/10	2-3	General Elective	Elective	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 &amp; 212, HERS 402 or 389, STAT 110, GPA &gt; 2.5.</i>			<i>NOTE: INTERSHIP SEARCH BEGINS! Information Needed Prior to Internship: Important Notices Form, current CPR/AED and Standard First Aid certification, Mantoux Test and Immunization Records from healthcare provider, proof of health insurance, background study.</i>			
<b>Third-Year Fall Semester Credit Hour Total</b>			<b>16-17</b>	<b>Third-Year Spring Semester Credit Hour Total</b>		<b>16-17</b>
<b>Year 4</b>	HERS 335 Exercise Science Seminar (offered fall only)	Major	1	HERS 499 Internship in Exercise Science	Major	8-12
	HERS 350 Program Planning	Major/WI	3			
	HERS 363 Practicum (need to take it twice)	Major	1			
	HERS 370 Mechanical Kinesiology	Major	4			
	HERS 460 Nutrition for the Physically Active	Major	3			
	General Elective	Elective	3			
<i>NOTE: Secure Internship during fall semester and submit Intent to Internship form and DARS to Internship professor by November 1.</i>			<i>NOTE: APPLY FOR GRADUATION!</i>			
<b>Fourth-Year Fall Semester Credit Hour Total</b>			<b>15</b>	<b>Fourth-Year Spring Semester Credit Hour Total</b>		<b>8-12</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 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.