



Winona State University
Five-Year Program Map

Created on 10/18/2023
Effective Fall 2023

Program: **Exercise Science (BS ERMS/MS AT)**
Emphasis (optional): **3 + 2 Movement Science/Athletic Training**

Year	Fall Semester			Spring Semester			Summer Semester			
	Course	Requirement Met	SH	Course	Requirement Met	SH	Course	Requirement Met	SH	
Year 1	ENG 111 College Reading and Writing	GE Goal 1	4	CMST 192 Introduction to Speech Communication	GE Goal 1	3	HERS 204 Personal & Community Health	PDW/Major	3	
	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/Major	3	HERS 280 Foundations of Exercise Science	Major	3				
	HERS 205 Nutrition for a Lifetime	PDW/Major	3	PSY 210 General Psychology	GE Goal 5/Major	3				
	BIOL 171 Medical Terminology A	Major	1	General Education Course	GE Goal 6, 8, 9, 10	3				
	OR 100 Intro to Higher Education	Recommended	1							
NOTE: GPA of a 3.0 is required in the major and overall. Classes required for Movement Science Major requires a letter grade of "C" or better. BIOL 211 must be taken - a grade of "B" or better is preferred.				NOTE: BIOL 212 must be taken - a grade of "B" or better is preferred.			NOTE: HERS 204 is offered online. CPR/AED/FA Cert. - American Red Cross or American Heart Association.			
First-Year Fall Semester Credit Hour Total			16	First-Year Spring Semester Credit Hour Total			16	First-Year Summer Semester Credit Hour Total		3
Year 2	CHEM 212 Principles of Chemistry I	GE Goal 3/Major	4	BIOL 241 Basics of Life	GE Goal 3/Major	4	HERS 403 Epidemiology	Major/CAI	3	
	SOC 150 Intro to Sociology	GE Goal 5/7/Major	3	HERS 314 Anatomical Kinesiology	Major	3	NURS 361 Pharmacology for Non-Nursing Majors	Gen Elective	1	
	HERS 191 Introduction to Athletic Training	Major	2	PSY 420 Abnormal Psychology or General Education Course	Gen Elect/GE Goal 6, 8, 9, 10	3				
	HERS 291 Prevention & Care of Athletic Injuries	Major	2	General Education Course	GE Goal 6, 8, 9, 10	6				
	PSY 250 Developmental Psychology	GE Goal 5/Major	3							
	General Education Course	GE Goal 6, 8, 9, 10	3							
NOTE: HERS 191 should be taken.				NOTE: Reminder to complete 25 hours of athletic training observation.			NOTE: Both courses are offered online.			
Second-Year Fall Semester Credit Hour Total			17	Second-Year Spring Semester Credit Hour Total			16	Second-Year Summer Semester Credit Hour Total		4
Year 3	HERS 328 Behavioral Interventions	Major/OI	3	HERS 370 Mechanical Kinesiology	Major	4	HERS 570 Principles of Athletic Training*	Major & MS Degree	3	
	HERS 340 Exercise Physiology	Major/WI	4	HERS 380 Lab Methods in Exercise Science	Major	2	HERS 571 Clinical Examination and Diagnosis I*	Major & MS Degree	3	
	PHIL 330 Biomedical Ethics*	Gen Elective	3	HERS 389 Strength and Conditioning	Major	3				
	PHYS 201 General Physics I	GE Goal 3/Major	4	HERS 445 Medical Aspects of Exercise	Major/WI	3				
	General Education Course	GE Goal 6, 8, 9, 10	3	General Education Course	GE Goal 6, 8, 9, 10	3				
	NOTE: *Suggested Elective. Formal Application to MSAT.				NOTE: Prepare to enter MSAT curriculum.			NOTE: *Required. Counts towards both undergraduate and graduate degrees.		
Third-Year Fall Semester Credit Hour Total			17	Third-Year Spring Semester Credit Hour Total			15	Third-Year Summer Semester Credit Hour Total		6
Year 4	HERS 572 Clinical Examination and Diagnosis II*	Major & MS Degree	3	HERS 560 Nutrition for the Physically Active*	Major & MS Degree	3	HERS 670 Therapeutic Interventions	MS Degree	2	
	HERS 573 Therapeutic Modalities	MS Degree	3	HERS 568 Pathophysiology*	Major & MS Degree	3	HERS 672 Pharmacology for Athletic Training	MS Degree	1	
	HERS 590 Athletic Training Clinical Experience I	MS Degree	2	HERS 591 Athletic Training Clinical Experience II	MS Degree	2	HERS 675 Applied Return to Play Principles	MS Degree	1	
	HERS 674 Foundational Concepts in Rehab	MS Degree	1	HERS 681 Physical Rehabilitation	MS Degree	3	HERS 690 Athletic Training Clinical Experience III	MS Degree	1	
	HERS 685 Evidence Based Practice & Research	MS Degree	3	HERS 683 Interprofessional Health Care	MS Degree	1				
	NOTE: Courses count towards both undergraduate and graduate degrees.				NOTE: Courses count towards both undergraduate and graduate degrees. Apply for undergraduate degree in BS ERMS.			NOTE: All courses are required. STAT 601 is offered online.		
Fourth-Year Fall Semester Credit Hour Total			12	Fourth-Year Spring Semester Credit Hour Total			12	Fourth-Year Summer Semester Credit Hour Total		5
Year 5	HERS 673 Psychosocial Issues in Sports Medicine	MS Degree	2	HERS 684 Applied Decision Making in Interprofessional Practice	MS Degree	1				
	HERS 680 Administration and Professionalism in Athletic Training	MS Degree	2	HERS 686 Athletic Training Research	MS Degree	2				
	HERS 682 Advanced Rehabilitation and Treatment	MS Degree	2	HERS 692 Athletic Training Clinical Experiences V	MS Degree	3				
	HERS 691 Athletic Training Clinical Experience IV	MS Degree	3	HERS 693 Topics in Athletic Training	MS Degree	1				
	NOTE: Clinical Immersion Experiences. Register for BOC Exam.				NOTE: Clinical Immersion Experiences. Apply for graduate degree in MS AT. Apply for employment.					
Fifth-Year Fall Semester Credit Hour Total			9	Fifth-Year Spring Semester Credit Hour Total			7	Fifth-Year Summer Semester Credit Hour Total		

Total Credit Hours (SH): 155

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.