

University Name: Bemidji State University

Award: B.S. Degree: Exercise Science Total Credits: 60

| 3 rd Year/Fall Semester | | |
|---|---|---------|
| Course No. | Course Name | Credits |
| HLTH 2100 | First Aid and CPR/AED | 1 |
| PHED 1240 | Skills for Life: Techniques of Neuromuscular Relaxation | 1 |
| PHED 3100 | Motor Development | 2 |
| PHED 3110 | Motor Learning | 2 |
| PHED 3190 | Athletic Training | 2 |
| PHYS 1101 OR | General Physics I OR | 4 |
| PHYS 2101 | Physics I | 5 |
| **** | Liberal Education | 2-3 |
| Semester Credits Total | | 15 |
| Notes: Students require one course from Goal Areas 6-10 to satisfy Liberal Education requirements. | | |

| 3 rd Year/Spring Semester | | |
|---|---|---------|
| Course No. | Course Name | Credits |
| PHED 3120 | Psychology of Sport | 2 |
| PHED 3200 | Introduction to Sport Biomechanics | 3 |
| PHED 3300 | Physiology of Exercise and Nutrition | 3 |
| HLTH/PHED **** | Emphasis Specific Courses | 3-6 |
| **** | Liberal Education OR General Elective | 1-4 |
| Semester Credits Total | | 15 |
| Notes: The Fitness Leadership & Promotion Emphasis requires at least 16 emphasis credits and the Medical Fitness Emphasis requires at least 10 emphasis credits. Consult the catalog to see core requirements and eligible electives for each emphasis. Students may need to take HLTH 3300 depending on transferred credit. | | |

| 4 th Year/Fall Semester | | |
|------------------------------------|--|---------|
| Course No. | Course Name | Credits |
| PHED 4160 | Advanced Fitness Assessment & Prescription – Aerobic | 3 |
| HLTH/PHED **** | Emphasis Specific Courses | 6-10 |
| **** | Liberal Education | 2-6 |
| Semester Credits Total | | 15 |
| Notes: | | |

| 4 th Year/Spring Semester | | |
|--------------------------------------|--|---------|
| Course No. | Course Name | Credits |
| PHED 4170 | Advanced Principles for Strength and Speed Training Exercise | 3 |
| PHED 4309 | Legal Aspects of Sport, Health, and Fitness | 3 |
| PHED 4920 | Directed Group Study | 1 |
| PHED 4970 | Internship | 1-6 |
| **** | Liberal Education | 2-4 |
| Semester Credits Total | | 15 |
| Notes: | | |