

EXERCISE SCIENCE

Bachelor of Science (BS)

This is a guide based on the 2026-2027 Undergraduate Catalog and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use Degree Works to monitor their individual progress.

CURRICULUM CHECKLIST

Critical Courses are **italicized and bolded**. These courses are indicators of potential for success in the degree program.

59 hours required – No minor required

A minimum grade of 'C' is required in each core course

- ___ FN255 Nutrition I (3)
- ___ FN235 Nutrition for Health (3)
- ___ FN401 Sports Nutrition (3)
- ___ **HL111 Introduction to Exercise Science (3)**
- ___ HL120 Health Perspectives (3)
- ___ HL231 Fitness Conditioning (3)
- ___ HL261 Practicum (1)
- ___ HL303 Research Methods (3)
- ___ HL312 Sport and Exercise Pharmacology (3)
- ___ **HL331 Exercise Physiology w/ Lab (4)**
- ___ HL345 Essentials of Strength & Conditioning (3)
- ___ HL350 Issues & Trends in Motor Learning (3)
- ___ HL364 Anatomical Kinesiology (3)
- ___ HL370 Advanced Cardiovascular Training (1)
- ___ HL431 Fitness Assessment (3)
- ___ HL485 Seminar (2)
- ___ HL498 Field Experience (9)
- ___ HL550 Exercise Programming for Special Populations (3)
- ___ PE261 Concepts of Injury Management in Physical Education (3)

Major electives: 9 hours

- ___ FN3xx-5xx (3)
- ___ HL3xx-5xx (3)
- ___ MG301 Principles of Management (3)
- ___ MK301 Principles of Marketing (3)
- ___ PH120/020 Physics I (5)
- ___ PY555 Health Psychology (3)
- ___ PY571 Introductory Behavioral Statistics (3)
- ___ RC354 Lifestyle Enhancement (3)
- ___ SM303 Analysis of Research and Sport (3)
- ___ SM540 Legal Aspects of Sport & Physical Activity (3)
- ___ TS401 Culturally Responsive Healthcare (3)
- ___ UI412 American Healthcare Systems & Issues (3)

Advising Tracks (Choose one)

Strength & Conditioning:

- ___ HL380 Biomechanics (3)
- ___ HL520 Advanced Olympic Lifting Techniques (2)
- ___ HL545 Advanced Resistance Training (1)
- ___ HL546 Applications in Strength & Conditioning (3)
- ___ HL551 Performance Physiology (3)

Health & Wellness:

- ___ HL324 Group Exercise Instruction (3)
- ___ HL332 Lifestyle Disease Risk Reduction (3)
- ___ HL460 Exercise Leadership (3)
- ___ HL510 Health Concerns of Aging (3)

Prerequisite Courses:

Some courses may fulfill General Education requirements.
A grade of 'C' or better is required in each support course.

- ___ **BS113 Anatomy and Physiology I (4) w/ Lab**
- ___ **BS114 Anatomy and Physiology II (4) w/ Lab**
- ___ **CH181/184 Basic Principles of Chemistry (3+1)**
- ___ **MA123 Mathematical Reasoning & Modeling (3)**

General Education Requirements – some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences – 6 hours
- Constitution Requirement – 3 hours
- Written Communication – 6 hours
- Oral Communication – 3 hours
- Natural Sciences – 7 hours (from two disciplines, one to include a lab)
- Mathematics – 3 hours
- Humanities & Fine Arts – 9 hours (from at least two disciplines)
- Additional requirements – 5 hours (to include UI100 for native students)
- Civics examination

SAMPLE FOUR-YEAR PLAN

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
FIRST YEAR	UI100	1	CH181/184	4
	EN100	3	FN235	3
	HL111	3	General Education	3
	HL120	3	General Education	3
	MA123	3	General Education	3
	Total	13	Total	16
Milestone: Must complete MA 123 or higher level math and CH 181/081/001 with a grade of 'C' or better				
SECOND YEAR	BS113/013	4	BS114/014	4
	HL231	3	FN255	3
	PE261	3	General Education	3
	General Education	3	General Education	3
	General Education	3	Elective	3
	Total	16	Total	16
Milestone: Must complete BS 113 and BS 114 with a grade of 'C' or better				
THIRD YEAR	HL331/031	4	HL312	3
	FN401	3	HL431	3
	HL303	3	HL345	3
	Elective	3	Elective	3
	HL261	1	HL364	3
	Total	14	Total	16
FOURTH YEAR	HL350	3	HL498	9
	HL380 or 332	3	HL485	2
	HL546 or 324	3	HL550	3
	HL551 or 460	3		
	HL545/520 or 510	3		
	Total	15	Total	14
Milestone: A major GPA of 2.5 is required for admission into HL498				

A "Milestone" signifies a significant stage for a student in the completion of a degree.

Degree requirements for all students: a minimum of 120 credit hours, completion of the General Education program, and completion of 39 senior division hours (300-599). Refer to the Undergraduate Catalog or Degree Works for additional graduation requirements for your program.

A minimum 2.0 GPA in the major and overall are required to graduate with a BS degree.



SOUTHEAST MISSOURI
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Revised
10/22/2026

DEGREE MAP
2026-2027

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