

2025-2026 ACADEMIC MAP

BS HPER - Exercise Science

TOTAL HRS: 121-128



Academic map is a guide to help students stay on track to degree completion. Consult undergraduate catalog and academic advisor for other requirements.

* minimum grade required

	FALL SEMESTER						SPRING SEMESTER					
	PREFIX	COURSE	CREDIT	AREA	GR*	SEM/GR	PREFIX	COURSE	CREDIT	AREA	GR*	SEM/GR
YEAR 1-Freshman	ENG 101	Composition I	3	Gen Ed	D		ENG 102	Composition II	3	Gen Ed	D	
	MAT 103/104/115	Mathematics	3	Gen Ed	D		HSE 244	First Aid & CPR	3	Core	C	
	HIS 100/200 level	History	3	Gen Ed	D		CIS ____	Elective	3	Spec Dgr	D	
	BIO 100/110	Biology	3-4	Gen Ed	D		COM 101/202	Communication Studies	3	Gen Ed	D	
	HSE 140	Personal & Comm Health	3	Spec Dgr	D			Minor Elective	3-4	Minor	D	
	FYS 100/300 ¹	First Year Seminar	1	Univ Req	D				15-16			
			16-17									
YEAR 2-Sophomore	ENG 203/206	Literature	3	Gen Ed	D			Perspectives on Society	3	Gen Ed	D	
		Perspectives on Society	3	Gen Ed	D			Humanities & Fine Arts	3	Gen Ed	D	
		Fine Arts	3	Gen Ed	D		HSE 336	Physiology of Exercise	3	Major	C	
	BIO 229/230	Hum Anat Physiol	4	Gen Ed	D		HSE 337	Physiology of Exercise Lab	1	Major	C	
	HSE 253	Intro to Athletic Training	3	Core	C		PER 300	History & Phil of Sport & PE	3	Major	C	
	PER 173/175	Swimming/Lifeguard Training	1	Major	C		PER 101	Concepts in Physical Education	1	Gen Ed	D	
			17				PER 100 level	Activity Course	1	Gen Ed	D	
			15-16						15			
YEAR 3-Junior	PER 391	O & A of HPER Programs	3	Core	C		PER 380	Measurement & Eval In PE	3	Core	C	
	PER 365	Fitness Training Techniques	3	Major	C			Minor Elective	3-4	Minor	D	
	PER 360	Clinical Exp In Exer Science	3	Major	C		PER 463	Exer for Special Populations	3	Major	C	
		Minor Elective	3-4	Minor	D		FCS 343/345	Nutrition & Physical Fitness	3	Spec Dgr	D	
	PER 484	Motor Dev/Motor Learning	3	Major	C			Minor Elective	3-4	Minor	D	
			15-16						15-17			
YEAR 4-Senior	PER 438	Kinesiology	3	Major	C		PER 499	Internship in HPER	12	Major	C	
	PER 464	Senior Seminar in Ex Science	1	Major	C				12			
	PER 460	Exercise Testing	3	Major	C							
	PER 461	Exercise Prescription	3	Major	C							
		Minor Elective	3-4	Minor	D							
		Minor Elective	3-4	Minor	D							
			16-18									

- ¹All incoming students required to enroll in FYS 100 (freshmen) or FYS 300 (transfers).

- See page 2 for additional notes.

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Additional Notes:

- Students planning to attend professional school should review prerequisite and admissions requirements. See examples below:
<https://www.umc.edu/shrp/Physical%20Therapy/Doctoral%20Degree%20Admissions/Admission%20Requirements.html>
<https://www.umc.edu/shrp/Programs/Master%20Programs/Master-of-Occupational-Therapy/Admissions/Admission-Requirements.html>
<https://www.uthsc.edu/health-professions/physical-therapy/prospective-students/application.php>
<https://sas.olemiss.edu/msat-prospective-students/>
<https://kinesiology.louisiana.edu/prospective-students/masters-program/athletic-training#ar>
<https://www.uwa.edu/atmasters>
- If preparing to attend a professional school as either Biology or Allied Health minor, the following classes are prerequisite classes that must be taken:
BIO 100 General Biology I for General Education biology.
CHE 101/103 General Chemistry I/Lab for General Education lab science; if not a Biology or Allied Health minor, BIO 229 is preferred.
MAT 104 College Algebra preferred; MAT 105 Trigonometry or MAT 251 Calculus may be used as general education math. These are required for PHY 221/233 Physics
- Non-Biology or Allied Health minors: MAT 104 College Algebra or MAT 103 Quantitative Reasoning or MAT 115 Basic Probability & Statistics are preferred; MAT 105
- Mathematics Requirements:
CHE 101/103 General Chemistry I/Lab requires math ACT subscore of 23 or higher OR MAT 104 College Algebra with a grade of C or better OR CHE 100 Introduction to
MAT 104 College Algebra requires a math ACT sub-score of 20 or higher. 19 or below will place a student in co-requisite remediation.
MAT 105 Trigonometry: Prerequisite MAT 104 College Algebra OR ACT Math sub-score of 23.
MAT 251 Calculus I: Prerequisite MAT 104 College Algebra and MAT 105 Trigonometry OR ACT Math sub-score of 24 or higher.
- BIO 100 General Biology I and CHE 101/103 General Chemistry I/Lab are prerequisites for most upper level biology classes.
- Internship needs to be reflective of exercise science field.
 - Physics Those wishing to pursue Athletic Training Master's Programs, Physical Therapy Programs, or Occupational Therapy Programs will likely need 1-2 semester of physics - at Delta State University this is = to Physics for the Life Science 1 and 2.
MAT 105 - Trigonometry is a prerequisite for this class and may be used as a general education requirement see above.