

Missouri State University - College of Health and Human Services
Department of Health, Physical Education and Recreation
B.S. Exercise and Movement Science
HEALTH STUDIES OPTION

Freshman Year

3 YEAR PLAN

1st semester		2nd semester		Summer Term	
* BIO 102 Principles of Biological Science or BMS 110 Concepts in the Biomedical Sciences or BIO 121 General Biology ENG 110 Writing GEP 101 Intro to University Life PED 100 Fitness for Living PSY 121 Intro to Psychology CIS/CSC 101 or Competency Test Total Hours	4 3 2 2 3 2 16	CHM 105 or 160 Fundamentals of Chemistry COM 115 Fundamentals of Public Speaking MTH 135 College Algebra PED 212 Introduction to Exercise Science PED 256 Community Health Gen Ed - Humanities Total Hours	5 3 3 2 2 3 18	Gen Ed - Humanities Perspective Gen Ed - Creativity and Vision Perspective Total Hours	3 3 6

Sophomore Year

1st semester		2nd semester		Spring Intersession (3 week)	
PED 250 Applied Human Anatomy or BMS 307 Human Anatomy (4 hrs) PED 257 Personal Health BMS 240 Introduction to Nutrition HST 121 or HST 122 History of the U.S. SWK 330 Substance Abuse Intervention ENG 221, 321, or 310 Writing II Total Hours	3 2 3 3 3 3 17	Gen Ed - Social Science Perspective PED 252 Applied Human Physiology or BMS 308 Human Physiology (4 hrs) PED 350 Health and Wellness Promotion PLS 101 American Democracy and Citizenship PSY 508 Behavior Mgmt and Change Elective Total Hours	3 3 3 3 3 3 3 18	ATC 222 Athletic Injuries Summer Term PED 362 Exercise Physiology BMS 335 Nutrition Assessment Total Hours Fall Intersession PED 485 Psych of Sport & Phys Activity	2 4 3 7 2

Junior Year

1st semester		2nd semester		Summer Term	
PED 360 Kinesiology PED 361 Motor Learning PED 567 Phys & Leis Activities for Aged **PSY 200 Psych. Stat. Methods Elective Total Hours	4 2 3 3 6 18	PED 468 Adapted Physical Education PED 465 Exercise Prescription: Strength ***PED 569 Health Appraisal/Exercise Testing BMS 430 Sports Nutrition Elective Total Hours	4 2 4 3 5 18	PED 491 Field Experience or PED 500 Seminar-Phys Education Total Hours	3 3

* BIO 102 will not serve as a prerequisite
for BMS 307 Human Anatomy

** or SOC 302 or MTH 340 or ECO 308 or
QBA 237 or AGR 330 or PSY 527

*** Applicable toward Accelerated Masters
in Health Promotion and Wellness Management