

**Missouri State University -- College of Health and Human Services
Department of Health, Physical Education and Recreation**

**Exercise and Movement Science Program-
Health Studies Option**

Bachelor of Science

Updated April 2009

This is a model four year graduation plan. Variations are possible. Your path to graduation may vary slightly based on factors such as college credit you earned while in high school, your choice of general education electives, and placement in English and Mathematics.

This degree program can be completed in eight semesters.

First Semester (Fall)		Second Semester (Spring)	
BIO 102 Principles of Biological Science or	4	CHM 105 or 160 Fundamentals of Chemistry	5
BMS 110 Concepts in the Biomedical Sciences or		COM 115 Fundamentals of Public Speaking	3
BIO 121 General Biology		MTH 135 College Algebra	3
ENG 110 Writing I	3	PED 256 Community Health	2
GEP 101 Intro to University Life	2	Gen Ed - Humanities	3
PED 100 Fitness for Living	2	PED 212 Introduction to Exercise Science	2
PSY 121 Intro to Psychology	3		
CIS/CSC 101 or Competency Test	2		
Total Hours	16	Total Hours	17
<i>Note: BIO 102 will <u>not</u> serve as a prerequisite for BMS 307 Human Anatomy</i>			
Third Semester (Fall)		Fourth Semester (Spring)	
PED 250 Applied Human Anatomy or	3	Gen Ed - Social Science Perspective	3
BMS 307 Human Anatomy (4hrs)		PED 252 Applied Human Physiology or	3
BMS 240 Introduction to Nutrition	3	BMS 308 Human Physiology (4 hrs)	
HST 121 or HST 122 History of the U.S.	3	PED 257 Personal Health	2
Gen Ed - Creativity and Vision Perspective	3	ATC 222 Athletic Injuries	2
Gen Ed - Humanities Perspective	3	PLS 101 American Democracy and Citizenship	3
		ENG 221, 321 or Writing II	3
Total Hours	15/16	Total Hours	16/17
Fifth Semester (Fall)		Sixth Semester (Spring)	
PED 362 Exercise Physiology	4	PED 360 Kinesiology	4
BMS 335 Nutrition Assessment	3	PED 350 Health and Wellness Promotion	3
SWK 330 Substance Abuse Intervention	3	PSY 508 Behavior Mgmt and Change	3
PED 361 Principles of Motor Learning	2	PSY 200 Psych. Stat. Methods*	3
Elective	3	Elective	3
Total Hours	15	Total Hours	16
<i>*or SOC 302 or MTH 340 or ECO 308 or QBA 237 or AGR 330 or PSY 527</i>			
Seventh Semester (Fall)		Eighth Semester (Spring)	
PED 468 Adapted Physical Education	4	PED 491 Field Experience or	3
PED 465 Exercise Prescription: Strength	2	PED 500 Seminar - Phys Education	
PED 567 Phys & Leis Activities for Aged	3	BMS 430 Sport Nutrition	3
PED 569 Health Appraisal/Exercise Testing	4	PED 485 Psych of Sport & Phys Activity	2
Elective	3	Electives	6
Total Hours	16	Total Hours	14

Remember: PED 256 is offered only in the Spring semesters

PED 567 and SWK 330 are Fall only classes

BMS 335 is a prerequisite for BMS 430; BMS 240 must be taken at MSU (BMS does not accept transferred nutrition courses)

PED 362 is a prerequisite for PED 465 and PED 569; Chemistry is a prerequisite for BMS 240

PED 350, PED 361, BMS 430, BMS 335, and ATC 222 all somewhat occupy the same Tues/Thurs time slot; plan and schedule these carefully

Suggested Electives: BMS 333 and other BMS classes to total 20 hrs. for a BMS Minor in Nutrition

PED 253 First Aid; PED 281 and 282; MKT 350; LLT 102