

BACHELOR OF SCIENCE IN INTEGRATED HEALTH SCIENCES

Exercise Science Option

2024-2025

FRESHMAN YEAR FALL	CREDITS	COMPLETED
CATEGORY II: M 121 College Algebra	3	<input type="checkbox"/>
CATEGORY I: COMX 115 Intro to Interpersonal Communication	3	<input type="checkbox"/>
CATEGORY III: BIOH 201/202 Anatomy and Physiology OR BIOH 104/105 Basic Human Biology	4	<input type="checkbox"/>
AHMS 144 Medical Terminology	3	<input type="checkbox"/>
KIN 205 Foundations in Health and Human Performance	3	<input type="checkbox"/>
TOTAL CREDITS	16	

FRESHMAN YEAR SPRING	CREDITS	COMPLETED
BIOH 210/211 Anatomy and Physiology OR Category III course approved by advisor	4	<input type="checkbox"/>
CATEGORY I: WRIT 101 College Writing	3	<input type="checkbox"/>
CATEGORY V: Any course in this area	3	<input type="checkbox"/>
HTH 101 Opportunities in Health Professions	2	<input type="checkbox"/>
HTH 110 Personal Health and Wellness	3	<input type="checkbox"/>
TOTAL CREDITS	15	

SOPHOMORE YEAR FALL	CREDITS	COMPLETED
CATEGORY IV: Any course in this area	3	<input type="checkbox"/>
CATEGORY VI: Any course in this area	3	<input type="checkbox"/>
PSYX 150 Drugs and Society	3	<input type="checkbox"/>
NURT 221 Basic Human Nutrition	3	<input type="checkbox"/>
ACT xxx Activity Course	1	<input type="checkbox"/>
HPE 234 First Aid and CPR	2	<input type="checkbox"/>
TOTAL CREDITS	15	

SOPHOMORE YEAR SPRING	CREDITS	COMPLETED
CATEGORY VI: Any course in this area	3	<input type="checkbox"/>
CATEGORY VII: Any course in this area	3	<input type="checkbox"/>
CATEGORY IV: PSYX 230 Developmental Psychology	3	<input type="checkbox"/>
CHTH 262 Community Health	3	<input type="checkbox"/>
AHAT 210 Prevention and Care of Athletic Injuries	3	<input type="checkbox"/>
TOTAL CREDITS	15	

JUNIOR YEAR FALL	CREDITS	COMPLETED
Elective	3	<input type="checkbox"/>
HTH 325 Etiology of Disease	3	<input type="checkbox"/>
HTH 378 Sex Education OR KIN 364 Research Methods in Health and Human Performance	3	<input type="checkbox"/>
CHTH 374 Current Issues in Health OR HTH 309 Contemporary Epidemics	3	<input type="checkbox"/>
KIN 320 Exercise Physiology OR KIN 327 Kinesiology and Biomechanics	3	<input type="checkbox"/>
TOTAL CREDITS	15	

JUNIOR YEAR SPRING	CREDITS	COMPLETED
WRIT 3xx Upper Division Writing	3	<input type="checkbox"/>
HTH 376 Understanding Obesity OR Upper Division Selective	3	<input type="checkbox"/>
KIN 410 Advanced Strength and Conditioning OR KIN 415 Advanced Exercise Testing and Prescription	3	<input type="checkbox"/>
KIN 483 Exercise Disease and Aging OR HTH 475 Legal & Ethical Issues in the Health and Exercise Profession	3	<input type="checkbox"/>
KIN 440 Sport Psychology OR HTH 498 Cooperative Education	3	<input type="checkbox"/>
TOTAL CREDITS	15	

SENIOR YEAR FALL	CREDITS	COMPLETED
HTH 378 Sex Education OR KIN 364 Research Methods in Health and Human Performance	3	<input type="checkbox"/>
CHTH 374 Current Issues in Health OR HTH 309 Contemporary Epidemics	3	<input type="checkbox"/>
KIN 320 Exercise Physiology OR KIN 327 Kinesiology and Biomechanics	3	<input type="checkbox"/>
HTH 498 Cooperative Education	3	<input type="checkbox"/>
Elective	3	<input type="checkbox"/>
TOTAL CREDITS	15	

SENIOR YEAR SPRING	CREDITS	COMPLETED
HTH 376 Understanding Obesity OR Upper Division Selective	3	<input type="checkbox"/>
KIN 410 Advanced Strength and Conditioning OR KIN 415 Advanced Exercise Testing and Prescription	3	<input type="checkbox"/>
KIN 483 Exercise Disease and Aging OR KIN 475 Legal & Ethical Issues in the Health and Exercise Profession	3	<input type="checkbox"/>
KIN 440 Sport Psychology OR HTH 498 Cooperative Education	3	<input type="checkbox"/>
TOTAL CREDITS	12	



THE VALUE OF YOUR INTEGRATED HEALTH SCIENCES DEGREE



Students of the health sciences are encouraged to gain practical experience in the field of health. They can achieve this through cooperative learning credits, community service, campus involvement through sports and clubs, and assistantships with coaches and athletic trainers.

Graduates of MSU-Northern's Integrated Health Sciences program pursue employment as health educators, consultants, community health specialists and health coordinators. They find jobs at government agencies, non-profit organizations, hospitals, and community-based organizations. Many graduates also, apply to graduate programs throughout the country in allied health and health related programs, leading to careers, such as physical therapy, and athletic training.

15 TO FINISH

WANT TO GRADUATE ON TIME? SAVE MONEY? GET BETTER GRADES?

15

You're going to need 15. That's the number of credits you need to take each semester to graduate on time. Sure, you can take less and still receive some scholarships and funding. But unless you take 15 credits a semester (or 30 a year), you're looking at an extra year or more in order to graduate. Know the courses you need to graduate, and meet with your advisor to map out a plan to earn your degree on time.