

# BACHELOR OF SCIENCE IN INTEGRATED HEALTH SCIENCES

## Exercise Science Option 2023-2024

FRESHMAN YEAR   FALL	CREDITS	COMPLETED
<b>CATEGORY II:</b> M 121 College Algebra	3	<input type="checkbox"/>
<b>CATEGORY I:</b> COMX 115 Intro to Interpersonal Communication	3	<input type="checkbox"/>
<b>CATEGORY III:</b> BIOH 201/202 Anatomy and Physiology <b>OR</b> BIOH 104/105 Basic Human Biology	4	<input type="checkbox"/>
AHMS 144 Medical Terminology	3	<input type="checkbox"/>
PSYX 150 Drugs and Society	3	<input type="checkbox"/>
<b>TOTAL CREDITS 16</b>		

SOPHOMORE YEAR   FALL	CREDITS	COMPLETED
<b>CATEGORY IV:</b> Any course in this area	3	<input type="checkbox"/>
<b>CATEGORY VI:</b> Any course in this area	3	<input type="checkbox"/>
KIN 205 Foundations in Health and Human Performance	3	<input type="checkbox"/>
NUTR 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"/>
<b>TOTAL CREDITS 15</b>		

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

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

FRESHMAN YEAR   SPRING	CREDITS	COMPLETED
BIOH 210/211 Anatomy and Physiology <b>OR</b> Category III course approved by advisor	4	<input type="checkbox"/>
<b>CATEGORY I:</b> WRIT 101 College Writing	3	<input type="checkbox"/>
<b>CATEGORY V:</b> 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"/>
<b>TOTAL CREDITS 15</b>		

SOPHOMORE YEAR   SPRING	CREDITS	COMPLETED
<b>CATEGORY VI:</b> Any course in this area	3	<input type="checkbox"/>
<b>CATEGORY VII:</b> Any course in this area	3	<input type="checkbox"/>
<b>CATEGORY IV:</b> 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"/>
<b>TOTAL CREDITS 15</b>		

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

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



# 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.