

Cleveland State University
College of Health
 Health Science - Accelerated 4+1 BS/MS/M.Ed. in Exercise Science

First Year									
Fall Semester	Credits	Major	Gen Ed		Spring Semester	Credits	Major	Gen Ed	
HSC 200 Introduction to Health Sciences	3	X			Social Science**	3		SS	
ASC 101 Introduction to University Life	1		INTRO		ENG 102 English II	3		W/C	
ENG 101 English I	3		W/C		STA 347 Applied Statistics OR PSY 317^	3	X	M/QL	
STA 147 Statistical Concepts OR PSY 217^	3	X	M/QL		PHL 240 Health Care Ethics**	3	X	A&H	
Natural Science w/ lab	4		NS		Natural Science	3		NS	
HSC 203 Medical Terminology	1	X							
Semester Total	15				Semester Total	15			

Second Year									
Fall Semester	Credits	Major	Gen Ed		Spring Semester	Credits	Major	Gen Ed	
Arts & Humanities Elective**	3		A&H		EXS 205 Intro to Sport Management & Exercise Science	3	X		
HSC 305 Culture and Health Care	3	X	DIV		EXS 315 Group Exercise Instruction	3	X		
African American Diversity	3		DIV		Area of Emphasis Elective	3	X		
Area of Emphasis Elective	3	X			Area of Emphasis Elective	3	X		
Area of Emphasis Elective	3	X			Social Science**	3		SS	
Semester Total	15				Semester Total	15			

Third Year									
Fall Semester	Credits	Major	Gen Ed	Masters	Spring Semester	Credits	Major	Gen Ed	Masters
EXS 322 Anatomical Kinesiology	3	X		X	EXS 475 Nutrition & Physical Activity	3	X	WAC	
Area of Emphasis Elective	3	X			EXS 325 Physiology of Exercise	4	X		
Writing Across the Curriculum Elective	3		WAC		Area of Emphasis Elective	3	X		
Area of Emphasis Elective	3	X			General Elective*	3			
General Elective*	3				General Elective*	3			
Semester Total	15				Semester Total	16			

Apply to the BS/MS/M.Ed. program by the end of the third year

Fourth Year									
Fall Semester	Credits	Major	Gen Ed	Masters	Spring Semester	Credits	Major	Gen Ed	Masters
EXS 570 Exercise Testing and Prescription	3	X		X	HSC 484 Adv Research and Writing (Recommended)^	3	X	WAC, CAP	
EXS 594 Biomechanics OR EXS 595 Princ of Strngth & Conditioning	3	X		X	EXS 572 Physiology of Aging	3	X		X
General Elective*	3				General Elective*	3			
General Elective*	3				General Elective*	3			
General Elective*	3				General Elective*	3			
					HSC 499 Exit Evaluation	0	X		
Apply for Spring graduation by the middle of this term									
Semester Total	15				Semester Total	14			
BS Degree Total (as listed in above sample): 120 (120 hours minimum required to earn degree)									

Fifth Year (+1 Year)			
Fall Semester	Credits	Spring Semester	Credits
HED 588 Ethics and Health Behavior or EXS 565 Sports Law	3	EXS 601 Research Methods in Health & Human Performance	4
EXS 675 Physiology of Human Performance I	4	EXS 676 Physiology of Human Performance II	4
Approved Elective^^^	3	EXS 680 or 681 Practicum	3-4
Approved Elective^^^	3	EXS 691 Comprehensive Exam	0
Semester Total	13	Semester Total	11-12
M.Ed in EXS Degree Total (as listed in above sample): 9 from BS/MS + 24 in 5th Year = 33 hours minimum required to earn degree			

The plan above is a suggested guide to ensure that all General Education, College, University, and Major requirements are met within 4 years of study. Students may deviate from the suggested placement of Gen Ed courses, although the M/QL and W/C requirements should be completed during the first year of study.

Students cannot earn an undergrad degree under this track unless they are admitted into the 4+1 program. Therefore, students should follow an undergrad track of the Bachelor of Science in Health Sciences until admitted into the 4+1 program. This may require additional sciences and social sciences. Consult with an academic advisor to discuss degree requirements.

*Electives ensure that a student accumulates the minimum credit hour totals needed for graduation with an undergraduate degree. Students must have a **minimum of 120 total credit hours**, of which a **minimum of 24 credit hours** must be upper division (300, 400, and 500-level courses if in the 4+1 program) to earn a Bachelor of Science. Depending upon other elective choices made, students may not need as many electives as indicated above, or may need additional electives.

^Only one QL course can be applied to the M/QL requirement. The other course must be an MTH/STA course. NOTE: MS requires at least one course in College Statistics

^^Other capstone courses are available, although some may require additional prerequisites and may not satisfy WAC requirements. Please see the catalog and/or your advisor for more information.

^^^4+1 Students must consult with program faculty to discuss approved Electives

University Notes:

Gen Ed Key:	SS = Social Sciences (two courses from different departments**)
INTRO = Introduction to University Life (one course)	A&H = Arts & Humanities (two courses from different departments**)
W/C = Writing/Composition (two courses; C or better required)	DIV = Social Diversity (two courses; one US Diversity and one African American Experience)
M/QL = Mathematics/Quantitative Literacy (two courses)	WAC/SPAC = Writing/Speaking Across the Curriculum (three courses, one in the major; C or better required)
NS = Natural Sciences (two courses, one of which must have a lab)	CAP = Capstone
** of the SS and A&H courses, one must be focused on Africa, Latin America, Asia, or the Middle East (ALAAME)	

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