

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

UNDERGRADUATE/Bachelor of Science in Health Sciences

GRADUATE/Master's

<b>First Year</b>									
Fall Semester	Credits	Major	Core		Spring Semester	Credits	Major	Core	
HSC 200 Introduction to Health Sciences	3	X			Society & Human Behavior Elective	3		SHB	
INQ 150 Healthy Lifestyle Choices**	3		IL		Research & Professional Writing Elective	3		RPW	
Finding Your Voice Elective	3		FYV		STA 347 Applied Statistics OR PSY 317^	3	X		
STA 147 Statistical Concepts OR PSY 217^	3	X	FQR		PHL 240 Health Care Ethics*	3	X	HCC	
Scientific Investigations (Area of Emphasis Science)	3	X	SI		Scientific Investigations w/lab (Area of Emphasis Science)	4	X	SI	
HSC 203 Medical Terminology	1	X							
<i>Semester Total</i>	<b>16</b>				<i>Semester Total</i>	<b>16</b>			

<b>Second Year</b>									
Fall Semester	Credits	Major	Core		Spring Semester	Credits	Major	Core	
Data & Digital Literacy Elective	3		DDL		EXS 205 Intro to Sport Mgmt & Exercise Sci	3	X		
HSC 205 Social and Cultural Determinants of	3	X	CPS		EXS 315 Group Exercise Instruction	3	X		
American Civic Literacy	3		ACL		Area of Emphasis Elective	3	X		
Area of Emphasis Elective	3	X			Area of Emphasis Elective	3	X		
Area of Emphasis Elective	3	X			Global Human Perspectives Elective	3		GHP	
<i>Semester Total</i>	<b>15</b>				<i>Semester Total</i>	<b>15</b>			

<b>Third Year</b>									
Fall Semester	Credits	Major	Core	Masters	Spring Semester	Credits	Major	Core	Masters
EXS 322 Anatomical Kinesiology	3	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*	2				General Elective*	2			
<i>Semester Total</i>	<b>14</b>				<i>Semester Total</i>	<b>14</b>			

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

<b>Fourth Year</b>									
Fall Semester	Credits	Major	Core	Masters	Spring Semester	Credits	Major	Core	Masters
EXS 570 Exercise Testing and Prescription	3	X		X	Area of Emphasis Elective	3	X		
EXS 594 Biomechanics OR EXS 595 Princ of	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		
<i>Apply for Spring graduation by the middle of this term</i>									
<i>Semester Total</i>	<b>15</b>				<i>Semester Total</i>	<b>15</b>			

*BS Degree Total (as listed in above sample): 120 (120 hours minimum required to earn degree)*

<b>Fifth Year (+1 Year)</b>			
Fall Semester	Credits	Spring Semester	Credits
HED 588 Ethics and Health Behavior or EXS 565	3	EXS 601 Research Methods in Health & Human	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
<i>Semester Total</i>	<b>13</b>	<i>Semester Total</i>	<b>11-12</b>

*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 Core Curriculum courses, although the FQR, FYV, and RPW 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 \*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 ^4+1 Students must consult with program faculty to discuss approved Electives

<b>Core Curriculum Key:</b>	
IL = Inquiry Launch (one course)	FQR = Formal & Quantitative Reasoning (one course)
FYV = Finding Your Voice (one course, C or better required)	RPW = Research & Professional Writing (one course, C or better required)
SHB = Society & Human Behavior (one course)	HCC = Human Culture & Creativity (one course)
SI = Scientific Inquiry (two courses, one lab credit)	WAC/SPAC = Writing/Speaking Across the Curriculum Req (2 courses, one in the major)
GHP = Global Human Perspectives (one course)	ACL = American Civic Literacy (one course)
** Inquiry Launch requirement is waived for transfer students.	CPS = Complexities of a Pleuralistic Society (one course)
	DDL = Data & Digital Literacy (one course, can be satisfied by a second FQR course)

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