



NORFOLK STATE UNIVERSITY

We see the future in you.

Department of Health, Physical Education & Exercise Science

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

Health, Wellness and Rehabilitation

Fall 2024 Admission or Later

Curriculum ID: BS.EXE.HWR

Total Curriculum Hours: 120

FIRST YEAR

Semester I

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
BIO 100	Biological Science/ General Science	3
BIO 100L	Biological Science/ General Science Lab	1
ENG 101	College English I	3
PED 100 (F, S)	Fundamental Fitness Life	1
EXS 170 (F, S)	Introduction to Exercise Science	3
SEM 101/101H	Spartan Seminar 101	1
CSC 150	Computer Literacy	3
Total		15

Semester II

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
MTH 153	College Algebra and Trigonometry (<i>MTH 151</i>)	3
CHM 221	General Chemistry I (<i>MTH 153 co-requisite</i>)	3
CHM 221L	General Chemistry I Lab (<i>MTH 153 co-requisite</i>)	1
ENG 102	College English II (<i>ENG 101</i>)	3
HED 170 (F, S)	Personal & Community Health	3
SEM 102/102H	Spartan Seminar 101	1
Total		14

SECOND YEAR

Semester I

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
**XXX	Social Sciences	3
FSN 110 (F, S)	Science Human Nutrition	3
HUM 210/211	Humanities	3
PED 200 (F)	Beginner Fitness through Weight Training	2
PED 287 (F)	Anatomy and Physiology I	3
PED 287L (F)	Anatomy and Physiology I Lab	1
SEM 201/201H	Spartan Seminar 101	1
Total		16

Semester II

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
ENG 285	Public Speaking	3
PHY 152	General Physics (<i>MTH 153</i>)	3
PHY 152L	General Physics Lab (<i>MTH 153</i>) Beginning	1
PED 133 (F, S)	Swimming	1
PED 288 (S)	Anatomy and Physiology II(<i>PED 287</i>)	3
PED 288L (S)	Anatomy and Physiology II Lab (<i>PED 287L</i>)	1
PSY 210	Introduction to Psychology	3
Total		15

THIRD YEAR

Semester I

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
PSY 228	Developmental Psychology	3
PED 251 (F, S)	Modern Dance I	1
PED 365/365H (F, S)	Adapted Physical Education (<i>PED288, PED 288L</i>)	3
EXS 291 (F, S)	Care & Prevention of Athletic Injuries (<i>PED 288, 288L</i>)	3
EXS 355 (F)	Anatomical Kinesiology (<i>PED 288, PED 288L</i>)	3
HED 368A/368AH (F)	Curriculum & Methods in Health Education (<i>HED 170</i>)	<u>3</u>
Total		16

Semester II

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
EXS 300	Exercise Physiology (<i>PED 287 & PED 288</i>)	3
EXS 300L	Exercise Physiology Lab (<i>PED 287&PED 288</i>)	1
EXS 356(S)	Biomechanics of Movement (<i>EXS 355, MTH 151</i>)	3
EXS 369 (S)	Research Methods and Statistical Evaluation (<i>MTH 151</i>)	3
PED 300/PED 300H (S)	Advanced Fitness Though Weight Training (<i>PED 200</i>)	2
**XXX	Cultural Perspectives	<u>3</u>
Total		15

FOURTH YEAR

Semester I

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
**XXX	Cultural Perspectives	3
EXS 292 (F, S)	Comprehensive Stress Management (<i>PED 288, PED 288L,</i>)	3
EXS 363/ EXS 363H (F, S)	Clinical Aspects of Aging (<i>EXS 300</i>)	2
EXS 430 (F)	Neurological and Pathological Foundations in Ex. Sci. (<i>EXS 300, EXS 300L</i>)	3
EXS 483 (F)	Clinical Kinesiology I (<i>EXS 355, EXS 356</i>)	3
PED 450/450H (F, S)	Motor Learning (<i>PED 288 & PED 288L</i>)	<u>3</u>
Total		17

Semester II

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
*PED 496 (F, S, Su)	Internship (<i>all didactic course work</i>)	<u>12</u>
Total		120

(Course Pre-requisites)

* Required to have current certifications: CPR, First Aid, and AED

Additional Prerequisites for Graduate School

CHM 216 & CHM 216L or CHM 222 & CHM 222L

PHY 153 & PHY 153L

Check additional admission requirements for graduate school of your preference

(*Pre-requisite*)

**Cultural Perspectives: (ENG 383/HIS 335/HIS 336/HRP 320 and HIS 371)

***Humanities: (ENG 207/FIA 201/MUS 301)

****Social Sciences: (SOC 101/HIS101/HIS 103/BUS 175/ECN 200)

***** PED XXX: (Aerobics, Bowling, Dance, Golf, Life Saving, Tennis, Water Aerobics, Weight Lifting)

Driver's Education Endorsement: PED 441 Driver's Education Task Analysis
 PED 444 Driver's Education (Practical, in Car) (PED 441)
 PED 443 Driver's Rehabilitation (PED 441 & 444)

Lifeguarding Certification: PED 325 (PED 133/134 and/or instructor's approval)