

# Minnesota State College Southeast INDIVIDUALIZED STUDIES Degree/Exercise Science Planning Worksheet

(I.S.: 40 MnTC credits and 20 Career Focus credits OR TCP: 40 MnTC credits)

## Exercise Science Program Plan

Part I. Gen Eds for Transfer Curriculum Courses or IS Degree					
Prefix	No	Course Title	Cr	Gr	Term
<b>Goal 1: Written and Oral Communications (9 cr)</b>					
ENGL	1215	College Writing I (required)	3		
COMM	1218 or 1228	College Speech OR Interpersonal Communications (required)	3		
ENGL	2525	College Writing II (required)	3		
<b>Goal 2: Critical Thinking (0 – 3 cr)</b>					
<b>Goal 3: Natural Science (6 – 8 cr – two courses with two different subject areas, one course with traditional lab)</b>					
BIOL	1226	Nutrition	3		
CHEM	1122	Environmental Chemistry	3		
<b>Goal 4: Mathematical / Logical Reasoning (3 cr)</b>					
MATH	1230	Statistics	3		
<b>Goal 5: History and the Social Behavioral Sciences (9 cr – three courses with two different subject areas)</b>					
PSYC	1110	Intro to Psychology	3		
PSYC	2522	Positive Psychology	(3)		
SOCS	1110	Intro to Sociology	3		
<b>Goal 6: The Humanities (9 cr – three courses with two different subject areas)</b>					
HUMA	1125	Moral Problems/Ethics	3		
HUMA	1445	Women's Studies	(3)		
SPAN	1230	Hispanic Culture	3		
<b>Goal 7: Human Diversity (3 cr)</b>					
SOCS	1110	Intro to Soc	(3)		
<b>Goal 8: Global Perspective (3 cr)</b>					

HUMA	1445	Women's Studies	3		
<b>Goal 9: Ethical and Civic Responsibility (3 cr)</b>					
PSYC	2522	Positive Psychology	3		
<b>Goal 10: People and the Environment (3 cr)</b>					
BIOL	1201	Intro to Biology	4		

**Part II. Transfer Degree or Career Focus Plan**  
Please briefly describe your occupational or future educational plan so that it is clear how these courses work towards that goal(s).

**Exercise Science Pathway**

Part III. Career Focus Credits for Exercise Science AS Degree					
Prefix	No	Course Title	Cr	Gr	Term
INSP	1525	Career & Education Planning (required)	1		
EXSC	1204	Personal & Community Health	3		
EXSC	1280	Introduction to EXCS	3		
BIOL	2515	Anatomy & Physiology I	4		
BIOL	2516	Anatomy & Physiology II	4		
MEDS	1610	Pharmacology	2		
THPY	1410	Kinesiology	3		
Career Focus credits (20 credits)					

### Degree Checklist -

- I have received 33% or more of the program credits from MSCS.
- I have earned a 2.0 GPA or greater. My overall GPA \_\_\_\_\_. My Mn Transfer Curriculum GPA \_\_\_\_\_.
- Once this plan has been successfully completed, you are ready to apply for graduation. See your Degree Advisor.