### Degree: Bachelor of Exercise and Sports Science  
**Major:** Exercise and Sports Science  
**Certification:** All-Level Physical Education  
**Minor:** chosen from catalog (except Exercise Sports Science, Coaching, or Secondary Education)

The degree requirements below are outlined in the 2020 Undergraduate Catalog and will remain valid through summer 2026.

#### Institutional Requirements
1-9 Hours

- US 1100: University Seminar (1-Hr Open Elective if Exempt)
- Foreign Language Proficiency (see catalog)

#### Major Specific Core
3 Hours

- Mathematics (020)
- MATH 1315: College Algebra

#### General Education Core
39 Hours

**Communication (010)**
- ENG 1310: College Writing I
- ENG 1320: College Writing II

**Life and Physical Sciences (030)**
- Select two courses from:
  - ANTH, BIO, CHEM, GEO, GEOL, PHYS
- See Degree Audit for Exact Course Options

**Language, Philosophy, and Culture (040)**
- PHIL 1305: Philosophy & Critical Thinking OR
- PHIL 1320: Ethics & Society

**Creative Arts (050)**
- Select one course from:
  - ART, DAN, MU, or TH 2313: Intro to Fine Arts

**American History (060)**
- HIST 1310: History of United States to 1877
- HIST 1320: History of United States from 1877

**Government/Political Science (070)**
- POSI 2310: Principles of American Government
- POSI 2320: Functions of American Government

**Social and Behavioral Sciences (080)**
- Select one course from:
  - ANTH 1312: Cultural Anthropology
  - CA 2351: Behavioral & Personal Financial Management
  - ECO 2301: Principles of Economics
  - ECO 2314: Principles of Microeconomics
  - GEO 1310: World Geography
  - PFW 1301: Behavioral Physical Fitness and Well.
  - PSY 1300: Introduction to Psychology
  - SOCI 1310: Introduction to Sociology

**Component Area (090)**

- COMM 1310: Fund. of Human Communication
- Select one course from:
  - ENG 2310: British Literature before 1785
  - ENG 2320: British Literature after 1785
  - ENG 2330: World Literature before 1600
  - ENG 2340: World Literature after 1600
  - ENG 2359: American Literature before 1865
  - ENG 2360: American Literature after 1865

#### Educator Preparation
21 Hours

- ESS 1100: Lifetime Fitness and Wellness
- Team Sport (ESS 1172, 1178, PFW 1130B)
- Individual Sport (ESS 1128, 1176, PFW 1155G)
- Conditioning (ESS 1175; PFW 1110A/B, 1110F, 1135A/B, 1190B)
- ESS 1179: Beginning Weight Training
- ESS 1310: Introduction to Teaching Physical Education
- AT 2356: Prevention and Care of Athletic Injuries
- ESS 2320: Motor Development
- ESS 3320: Biomechanics
- ESS 3325: Applied Assessment of Physical Activity
- ESS 3317: Exercise Physiology / ESS 3117: Lab
- ESS 3329: Introduction to Motor Learning
- **Select one Advance PE Elective Theory from:**
  - ESS 3321: Teaching Elem. Students Physical Activities
  - ESS 3323: Psychosocial Exercise and Sports Science
  - ESS 3340: Theory & Principles of Coaching
  - ESS 4337: Independent Study

#### Support Course
4 Hours

- BIO 2430: Human Physiology & Anatomy

#### Minor / 2nd Teaching Field

- **MINOR / 2ND TEACHING FIELD:** __________   __________  __________

- **Subjects:**
  - [ ] *
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**125 HOURS**

In addition to successful completion of all required coursework, students must satisfy GPA and residency requirements to graduate.
The sequencing below reflects course prerequisites that are subject to change each academic year.

### Core Curriculum
- 3 hour core 030 Life and Physical Science
- ART, DAN, MU, or TH 2313
- 1 from HIST 1310, HIST 1320, POSI 2310, POSI 2320
- 1 from HIST 1310, HIST 1320, POSI 2310, POSI 2320
- ANTH 1312, ECO 2301, ECO 2314, GEO 1310, PFW 1301, PSY 1300, or SOCI 1310
- ENG 2310, 2320, 2330, 2340, 2359, or 2360

### Minor or 2nd Teaching Field:
- [ ] ____________  [ ] ____________
- [ ] ____________  [ ] ____________
- [ ] ____________  [ ] ____________
- [ ] ____________  [ ] ____________
- [ ] ____________  [ ] ____________
- [ ] ____________  [ ] ____________

### Major
- ESS 1100*
- ESS 1179*
- AT 2356*
- ESS 3329*
- Select one Advanced PE Elective from*: ESS 3321, ESS 3323, ESS 3340, or ESS 4337
- Team Sport*: ESS 1172, 1178, PFW 1130B, or PFW 1160A
- Individual Sport*: ESS 1128, 1176, or PFW 1155G
- Conditioning*: ESS 1175, PFW 1110A/B, PFW 1110F, PFW 1135A/B, or PFW 1190B

### GPA restricted | * requires grade of ‘C’ or better | ^ requires grade of ‘B’ or better

In addition to successful completion of all required coursework, students must satisfy GPA and residency requirements to graduate.