**Institutional Requirements** 1-9 Hours

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

**Major Specific Core** 12 Hours

Mathematics (020)
- MATH 1319: Math for Business & Economics I OR MATH 1315: College Algebra

Life and Physical Sciences (030) – select two from:
- CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330

Social and Behavioral Sciences (080) – select one from:
- PSY 1300: Introduction to Psychology
- SOCI 1310: Introduction to Sociology
- PFW 1301: Behavioral Physical Fitness & Wellness

**General Education Core** 30 Hours

- Communication (010) – select two from: ENG 1310: College Writing I; ENG 1320: College Writing II; ENG 1321: Writing for Sustainable Change


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

- American History (060) – select two from: 1st course: HIST 1310: History of United States to 1877; HIST 2327: History of Mexican America to 1865; HIST 2381: African American History to 1877; 2nd course: HIST 1320: History of United States from 1877; HIST 2328: History of Mexican America from 1865; HIST 2382: African American History from 1877


- Component Area (090):
  - COMM 1310: Fundamentals of Human Communication

**Major: Health and Fitness Management** 48 Hours

- ESS 1100: Lifetime Fitness and Wellness
- ESS 1101: Seminar in Exercise and Sport Science
- ESS 1179: Beginning Weight Training
- ESS 1201: Group Exercise Instructor Training
- AT 2356: Prevention and Care of Athletic Injuries
- ESS 3317: The Physiology of Exercise / ESS 3117: Lab
- ESS 3320: Biomechanics
- ESS 3329: Introduction to Motor Learning
- ESS 4320: Resistance Training & Conditioning
- ESS 4351: Measurement and Evaluation

ESS/PFW Activity Options – select two from:
- ESS 1172; 1175, 1176, 1178; PFW 1110A/B/E/F/G; PFW 1190B/C

ESS Electives – select two from:
- ESS 3319: Intro to Cardiopulmonary Exercise Physiology
- ESS 3340: Theories and Principles of Coaching
- ESS 3323: Psychosocial Exercise and Sports Science
- ESS 4324: Adapted Physical Activities
- REC 4330: Entrepreneurial Recreation Management
- ESS 4317: Fit. Asmnt. & Prog. for Clinical Exer. Science
- ESS 4318: Fit. Asmnt. & Prog. Practicum for Healthy Pop
- ESS 4333: Fit Asmnt & Prog for Pops Requir. Spec Cons
- ESS 4100: Professional Development in Health & Fitness Mgt

**Internship: Exercise and Sports Science** ESS 4660: Exercise & Sports Science Internship

**Support Courses** 11 Hours

- BIO 2430: Human Physiology & Anatomy
- PH 3376: Worksite Health Promotion

- Select one Advanced Nutrition or Psychology from:
  - NUTR 3362, NUTR 3364, PSY 3336, PSY 3350, or PSY 3361

**Minor: Business Administration** 18 Hours

- ACC 2301: Accounting in Organizations and Society
- ECO 2301: Principles of Economics OR

**Business Electives – select four from:**
- BLAW 2361: Legal Environment of Business
- CIS 3317: E-Business
- FIN 3325: Personal Financial Management
- MGT 3303: Management of Organizations
- MKT 3343: Principles of Marketing

**120 Hours**
### Core Curriculum
- 010
- 040
- 050
- 060
- 070
- PSY 1300, SOCI 1310, or PFW 1301
- COMM 1310
- 090B

### Support
- PH 3376
- NUTR 3362 or 3364; PSY 3336, 3350, or 3361

### Major
- ESS 1100
- ESS 1179
- ESS 1201
- AT 2356
- ESS 3329
- ESS 4351

### Business Administration Minor
- ACC 2301 OR
- ACC 2361 AND ACC 2362
- ECO 2301 OR
- ECO 2314 AND ECO 2315

### Select two courses from:
- ESS 3317, ESS 3340, ESS 3323, ESS 4324, REC 4330 fall

### Select four courses from:
- BLAW 2361, CIS 3317
- FIN 3340, MGT 3303, MKT 3343

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**GPA restricted (2.00 Overall; 2.50 Overall)** | * requires grade of ‘C’ or better

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