The degree requirements below are outlined in the 2021 Undergraduate Catalog and will remain valid through summer 2027.

### 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
- Language, Philosophy, and Culture (040) – select one from:
  - PHIL 1305: Philosophy & Critical Thinking
  - PHIL 1320: Ethics & Society
  - ENGL 1310: English Literature before 1785
  - ENGL 1320: English Literature after 1785
  - ENGL 1330: World Literature before 1800
  - ENGL 1340: World Literature after 1800
  - ENGL 1370: U.S. Literature: Writing Identifies
- 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
- Government/Political Science (070) – select two from:
  - POSI 2310: Principles of American Government
  - POSI 2320: Functions of American Government
Component Area (090):
- COMM 1310: Fundamentals of Human Communication
- Select one course from:
  - ENG 1320: British Literature before 1785
  - ENGL 1310: English Literature before 1785
  - ENGL 1330: World Literature before 1800
  - ENGL 1340: World Literature after 1800
  - ENGL 1370: U.S. Literature: Writing Identifies

### 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 1100A/B/E/F/G, PFW 1190B, 1135B, 1155A/G/H/I, 1160B/C, 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
  - ESS 4330: Entrepreneurial Recreation Management
  - ESS 4317: Fit. Asmt. & Prog. for Clinical Exer. Science
  - ESS 4318: Fit. Asmt. & Prog. Practicum for Healthy Pop
  - ESS 4333: Fit. Asmt & Prog for Pops Requir. Spec Cons
  - ESS 4100: Professional Development in Health & Fitness Mgt
- ESS Electives – select one from:
  - ESS 4351: Measurement and Evaluation

### SUPPORT COURSES
11 Hours
- BIO 2430: Human Physiology & Anatomy
- PH 3376: Worksite Health Promotion
- Select one from:
  - 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
  - MKT 3303: Management of Organizations
  - MKT 3343: Principles of Marketing

### TOTAL CREDIT HOURS
120 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. For use in planning Fall 2021, Spring 2022, and Summer 2022 semesters.

### Core Curriculum
- 010
- 040
- 050
- 060
- 070
- 090B
- 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

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

### 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.