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 courses from:
- CHEM 1341, 1342; PHYS 1315, 1325; BIO 1330

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

GENERAL EDUCATION CORE 30 Hours

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

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

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

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 any two courses from:
- ESS 1172, 1175, 1176, 1178; PFW 1110A/B/E/F/G,
- PFW 1130B, 1135B, 1155A/G/H/I, 1160B/C, 1190B/C

ESS Electives
Select any two courses 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

Life and Physical Sciences labs
Select one course from:
- CHEM 1141, 1142; PHYS 1115, 1125; BIO 1130

MINOR: Business Administration 18 Hours

- ACC 2301: Accounting in Organizations and Society OR
- ECO 2301: Principles of Economics OR
- ECO 2314 AND 2315: Prin. of Micro- & Macro-Economics

Business Electives
Select any four courses 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

120 HOURS
## Degree: Bachelor of Exercise and Sports Science | Major: Health and Fitness Management | Minor: Business Administration

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
- ENG 1310
- ENG 1320
- PHIL 1305 or 1320
- ART, DAN, MU, or TH 2313
- HIST 1310
- HIST 1320
- POSI 2310
- POSI 2320
- PSY 1300, SOCI 1310, or PFW 1301
- COMM 1310
- ENG 2310, 2320, 2330, 2340, 2359, or 2360

### 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 four courses from:
- BLAW 2361, CIS 3317
- FIN 3325, MGT 3303, MKT 3343

### Additional
To fill the rest of your schedule and serve as alternatives if higher priority courses aren’t available.

### Sequencing
A delay in progressing through these sequences could result in a later graduation semester.

### Internship
ESS 4660

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

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

### College of Education Advising Center
LAST REVISED 03.01.21