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

### Degree: Bachelor of Exercise and Sports Science | Major: Exercise and Sports Science | Concentration: Clinical Exercise Science

### INSTITUTIONAL REQUIREMENTS
- 1-9 Hours
  - US 1100: University Seminar (1-Hr Open Elective if Exempt)
  - Foreign Language Proficiency (see catalog)

### MAJOR SPECIFIC CORE
- 9 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

### GENERAL EDUCATION CORE
- 33 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
    - 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
    - ENG 2371: U.S. Literature: Writing Identities
  - 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
  - Social and Behavioral Sciences (080) – select one 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: Fundamentals 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
  - ENG 2371: U.S. Literature: Writing Identities

### MAJOR: Exercise and Sports Science
- 31 Hours
  - ESS 1100: Lifetime Fitness and Wellness
  - ESS 1101: Seminar in Exercise and Sport Science
  - ESS 1179: Beginning Weight Training
  - AT 2356: Prevention and Care of Athletic Injuries
  - ESS 3317: Exercise Physiology / ESS 3117: Lab
  - ESS 3319: Intro. To Cardiopulmonary Ex. Physiology
  - ESS 3320: Biomechanics
  - ESS 3329: Motor Learning
  - ESS 4320: Resistance Training & Conditioning
  - ESS 4351: Measurement and Evaluation in ESS
  - ESS 4321: Asmnt/Prescription Practicum for Clinical Ex Sci
  - ESS 4319: Fitness Asmnt/Programming for Clinical Ex Sci

### CONCENTRATION: Clinical Exercise Science
- 16 Hours
  - PH 1320: Intro to Public Health
  - PH 2340: Community Health
  - PH 4336: Health Behavior Theory
  - ESS 4101: Professional Development in Clinical Exercise Sci

### INTERNSHIP: Exercise and Sports Science
- ESS 4661: Internship in Clinical Exercise Science

### SUPPORT COURSES
- 30 Hours
  - BIO 2430: Human Physiology & Anatomy
  - ENG 3303: Technical Writing
  - AT 3358: Clinical Pathopharmacology

### 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

### Life and Physical Sciences labs
- Select two courses from:
  - CHEM 1341/1141 OR CHEM 1342/1142 OR
  - PHYS 1315/1115 OR PHYS 1325/1125 OR BIO 1330/1130

### Clinical Electives
- Select any three courses from:
  - ESS 4324, ESS 4333, PH 3348, HIM 2360,
  - NUTR 3364, PSY 3336

### Additional Life and Physical Sciences
- Select one additional lecture/lab pairing from:
  - CHEM 1341/1141 OR CHEM 1342/1142 OR
  - PHYS 1315/1115 OR PHYS 1325/1125 OR BIO 1330/1130

### 120 HOURS
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.

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

**Core Curriculum**
- **010**
- **005**
- **040**
- **050**
- **060**
- **070**
- **080**
- **090A**
- **090B**

**Major**
- **ESS 1100**
- **ESS 1179**
- **AT 2356**
- **ESS 3329**
- **ESS 4351**

**Support**
- **NUTR 3362**
- **ENG 3303**

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

Select three courses from:
- **ESS 4324, ESS 4333, PH 3348, HIM 2360, NUTR 3364, PSY 3336**

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

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

**CES**

**Degree:** Bachelor of Exercise and Sports Science | **Major:** Exercise and Sports Science | **Concentration:** Clinical Exercise Science

**SEQUENCING 2021**

**Full schedule and be alternatives for priority courses**

Complete 3 of 5 lecture/lab pairs:
- PHYS 1315*
- PHYS 1115*
- PHYS 1325
- PHYS 1125
- CHEM 1341*
- CHEM 1141*
- CHEM 1342
- CHEM 1142
- BIO 1330
- BIO 1130

**ESS 1101**
- **ESS 3319**
- **ESS 4321** fall/spring
- **ESS 3317**
- **ESS 3117**
- **ESS 3320**
- **AT 3358**
- **PH 1320**
- **PH 2340**
- **PH 4336**
- **ESS 4101** fall/spring

**ESS 3319**
- **ESS 3320**
- **AT 3358**
- **PH 1320**
- **PH 2340**
- **PH 4336**

**Support**
- **NUTR 3362**
- **ENG 3303**

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

Select three courses from:
- **ESS 4324, ESS 4333, PH 3348, HIM 2360, NUTR 3364, PSY 3336**

**Degree:** Bachelor of Exercise and Sports Science | **Major:** Exercise and Sports Science | **Concentration:** Clinical Exercise Science

**Core Curriculum**
- **010**
- **010**
- **040**
- **050**
- **060**
- **070**
- **070**
- **080**
- **090A**
- **090B**

**Major**
- **ESS 1100**
- **ESS 1179**
- **AT 2356**
- **ESS 3329**
- **ESS 4351**

**Support**
- **NUTR 3362**
- **ENG 3303**

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

Select three courses from:
- **ESS 4324, ESS 4333, PH 3348, HIM 2360, NUTR 3364, PSY 3336**

**Foreign Language Proficiency**

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