### 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

### 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:
  - CHEM 1141, 1142; PHYS 1115, 1125; BIO 1130

**Life and Physical Sciences labs**
- Select two courses from:
  - CHEM 1141, 1142, PHYS 1115, 1125, BIO 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.

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### Core Curriculum
- PHYS 1315*
- PHYS 1115*
- CHEM 1341*
- CHEM 1141*
- BIO 1330
- BIO 1130
- MATH 1315*

### Additional
- ESS 1101*
- ESS 3319*
- ESS 4321* fall/spring

### 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

### Additional
- US 1100
- Foreign Language Proficiency

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
- PHYS 1315*
- PHYS 1115*
- CHEM 1341*
- CHEM 1141*
- BIO 1330
- BIO 1130
- MATH 1315*

### Additional
- ESS 1101*
- ESS 3319*
- ESS 4321* fall/spring

### Major
- ESS 1100
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- NUTR 3362
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### Additional
- US 1100
- Foreign Language Proficiency

### 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.