# Bachelor of Exercise and Sports Science

**Degree:** Bachelor of Exercise and Sports Science  
**Major:** Health and Fitness Management  
**Minor:** Business Administration

The degree requirements below are outlined in the 2020 Undergraduate Catalog and will remain valid through summer 2026.

## 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:
- 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

## 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 317: 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

### 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**

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**
- 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

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 two courses from:
- ESS 3319, ESS 3340, ESS 3323, ESS 4324, REC 4330 (fall)

**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

**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.