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

## GENERAL EDUCATION CORE
33 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
- **Social and Behavioral Sciences (080)**
  - Select one course 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:** 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: 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
- **NUTR 2360:** Nutr. Science OR 3362: Nutr. and Health
- **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

**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

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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.

**SEQUENCING**

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

**Core Curriculum**
- ENG 1310
- ENG 1320
- PHIL 1305 or 1320
- ART, DAN, MU, or TH 2313
- HIST 1310
- HIST 1320
- POSI 2310
- POSI 2320
- ANTH 1312, ECO 2301, ECO 2314, GEO 1310, PFW 1301, PSY 1300, SOCI 1310
- COMM 1310
- ENG 2310, 2320, 2330, 2340, 2359, or 2360

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

**Support**
- NUTR 3362
- ENG 3303

Select two courses from:
- ESS 1772, 1775, 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) | * requires grade of ‘C’ or better**

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

**ADDITIONAL**
To fill your schedule and be alternatives for priority courses

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

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

**Additional**
- ESS 1101*
- ESS 3319*
- ESS 4321* fall/spring
- BIO 2430*
- ESS 3317*
- ESS 33117*
- ESS 3320
- AT 3358
- PH 1320*
- PH 2340*
- PH 4336

**Support**
- MATH 1315*
- PHYS 1315*
- PHYS 1325
- PHYS 1125
- CHEM 1342
- CHEM 1142
- ESS 3317*
- ESS 3320

**Taken in semester prior to internship**

**Internship**
- ESS 4661

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

**Support**
- NUTR 3362
- ENG 3303

Select two courses from:
- ESS 1772, 1775, 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

**US 1100 | Foreign Language Proficiency**

**LAST REVISED 04.27.21**