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**
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
- 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, 1342; PHYS 1315, 1325; BIO 1330

**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.

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

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

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

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
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