

Bachelor of Science in Exercise Science with an Emphasis in Exercise and Health Promotion
 Bachelor of Science in Exercise Science with an Emphasis in Pre-Physical Therapy
 Bachelor of Science in Exercise Science with an Emphasis in Pre-Occupational Therapy
 Bachelor of Science in Exercise Science with an Emphasis in Athletic Training
 Bachelor of Science in Exercise Science with an Emphasis in Outdoor Adventure and Resource Management
 Bachelor of Science in Exercise Science with an Emphasis in Sport and Exercise Psychology

A. University Core 46 hours

BIB 1310 Introduction to the Old Testament
 BIB 1320 Introduction to the New Testament
 BIB 3305 Christian Heritage
 BIB 3310 Christian Life
 COM 2340 Communication for the Professional
 ENG 1301 Composition Studies
 ENG 1302 Composition and Literature
 3 hours from PSY 1300 General Psychology or SOC 1300 General Sociology
 3 hours from HIS
 3 hours from ECO, FIN, GOV, or HIS
 ESS 1200 Personal Fitness and Wellness
 UNI 1170 University Seminar
 MAT 1311 College Algebra
 BIO 2401 Human Anatomy and Physiology I
 6 hours from AFA, Arts History, ENG, GOV, HIS, PHI, REL, FOL, or BIL
 UNI 2000 University Skills

B. Major 30 hours

ESS 1 hour activity course
 ESS 1201 Introduction to Exercise and Sport Sciences
 ESS 2310 Care and Prevention of Athletic Injuries
 ESS 2314 Human Movement
 ESS 3321 Leadership in Exercise and Sport Sciences
 ESS 3340 Motor Learning and Control
 ESS 3371 Physiology of Exercise
 ESS 4301 Biomechanics
 ESS 4341 Measurement and Evaluation in Exercise and Sport Sciences
 ESS 4382 Life Span Motor Development
 ESS 4380 Senior Research

C. Emphasis 36-45 hours

Exercise and Health Promotion Emphasis 36 hours
 BIO 2402 Human Anatomy and Physiology II
 ESS 4230 or 4330 Internship in Exercise and Sport Science
 ESS 4322 Sport and Exercise Nutrition

ESS 4350 Principles of Strength and Conditioning

23-24 hours from BIO, CHE, EDS, EEL, ESS, HSC, PHY, PSY, or SOC—3-4 hours must be upper level

Pre-Physical Therapy Emphasis 43-44 hours

BIO 1405 Majors Biology I

BIO 1406 Majors Biology II

BIO 2402 Human Anatomy and Physiology II

3-4 hours approved by advisor from BIO

CHE 1307 General Chemistry I

CHE 1107 General Chemistry I Lab

CHE 1308 General Chemistry II

CHE 1108 General Chemistry II Lab

PHY 1303 General Physics I

PHY 1103 General Physics I Lab

PHY 1304 General Physics II

PHY 1104 General Physics II Lab

PSY 2310 Lifespan Human Development

ESS 4330 Internship in Exercise and Sports Sciences

ESS 4361 Exercise Testing and Prescription I

ESS 4362 Exercise Testing and Prescription II

Pre-Occupational Therapy Emphasis 37 hours

BIO 1405 Majors Biology I

BIO 1406 Majors Biology II

BIO 2402 Human Anatomy and Physiology II

SOC 1300 General Sociology

PSY 2310 Lifespan Human Development

PSY 3303 Abnormal Psychology

MAT 3303 Probability and Statistics or PSY 3310 Psychological Statistics

ESS 4330 Internship in Exercise and Sports Sciences

ESS 4361 Exercise Testing and Prescription I

ESS 4362 Exercise Testing and Prescription II

4 hours from

CHE 1305 Inorganic Chemistry

CHE 1105 Inorganic Chemistry Lab

CHE 1307 General Chemistry I

CHE 1107 General Chemistry I Lab

Athletic Training Emphasis 37 hours

BIO 1405 Majors Biology I

BIO 1406 Majors Biology II

BIO 2402 Human Anatomy and Physiology II

PHY 1303 General Physics I

PHY	1103	General Physics I Lab
ESS	1270	First Aid and CPR
ESS	3301	Advanced Care of Athletic Injuries
ESS	4302	Therapeutic Rehabilitation and Modalities
ESS	4322	Sport and Exercise Nutrition
ESS	4361	Exercise Testing and Prescription I
ESS	4362	Exercise Testing and Prescription II
4 hours from		
CHE	1305	Inorganic Chemistry
CHE	1105	Inorganic Chemistry Lab
CHE	1307	General Chemistry I
CHE	1107	General Chemistry I Lab

Outdoor Adventure and Resource Management Emphasis 42 hours

AEC	3312	Natural Resources Economics
AGR	1304	Principles of Plant and Soil Sciences
BIO	2402	Human Anatomy and Physiology II
ESS	1270	First Aid and CPR
ESS	2312	Team, Individual, and Outdoor Educational Activities
ESS	3365	Outdoor Education Programs
ESS	4330	Internship in Exercise and Sport Sciences
IST	3323	Geographic Information Systems
NRC	1300	Introduction to Wildlife Management
NRC	2300	Environmental Systems
NRC	2301	Natural Resources and Agriculture
NRC	3322	Natural Resources Policy, Regulation, and Compliance
NRC	3323	General Ecology
NRC	3325	Aquatic Ecology and Conservation

Sport and Exercise Psychology Emphasis 40 hours

BIO	2402	Human Anatomy and Physiology II
ESS	3324	Sport in Society
ESS	3335	Exercise Psychology
ESS	3356	Sport Psychology
ESS	4330	Internship in Exercise and Sport Sciences
PSY	2310	Life Span Human Development
PSY	3303	Abnormal Psychology

6 upper level hours from PSY

SOC 1300 General Sociology

9 hours from PSY, SOC, or HSC

D. Electives		6-12 hours
	Exercise and Health Promotion Emphasis	12 hours
	Pre-Physical Therapy Emphasis	6-7 hours

Pre-Occupational Therapy Emphasis	10 hours
Athletic Training Emphasis	10 hours
Outdoor Adventure and Resource Management Emphasis	6 hours
Sport and Exercise Psychology Emphasis	7 hours

E. Summary

University Core	46 hours
Major	30 hours
Emphasis	36-45 hours
Electives	6-12 hours
Total	123-126 hours