

Exercise Science Pre-Professional Emphasis (BS)

Suggested Plan of Study

2020-2021 Catalog

Fall - Semester 1		Spring - Semester 2	
ENGL 1113 Composition I	3	ENGL 1123 Composition II	3
Mathematics (MATH 1023, MATH 1045 or MATH 1525)	3	Fine Arts/Humanities (ART 1013 or ART 2013, HUM 2003, MUS 2003 or MUS 2013, THEA 2003 or Foreign Language)	3
CHEM 1013/1011 College Chemistry I/Lab or CHEM 1023/1021 University Chemistry I/Lab	4	BIOL 1203/1201 Principles of Biology I/Lab	4
*HIST 1003 or 1013 World History I or II OR HIST 2013 or 2023 U.S. History I or II or PSCI 2003 American Government: National OR PSYC 2003 General Psychology	3	*HIST 1003 or 1013 World History I or II OR HIST 2013 or 2023 U.S. History I or II or PSCI 2003 American Government: National OR PSYC 2003 General Psychology	3
GSTD 1002 Freshman Seminar	2	HS 1403 Personal and Community Health	3
Total Semester Hours	15	Total Semester Hours	16
Fall - Semester 3		Spring - Semester 4	
World Literature I/II (ENGL 2213 or ENGL 2223)	3	EDUC 2023 K-12 Education Technology or IS 1003 Introduction to Computers or CSCI 1102/1101 Introduction to Computing/Lab	3
ESCI 3003 Motor Learning and Development	3	REC 3663 Leisure and Aging	3
HS 2413 First Aid and Safety/CPR	3	*HIST 1003 or 1013 World History I or II OR HIST 2013 or 2023 U.S. History I or II or PSCI 2003 American Government: National OR PSYC 2003 General Psychology	3
BIOL 1213/1211 Principles of Biology II/Lab	4	Fine Arts/Humanities (ART 1013 or ART 2013, HUM 2003, ENGL 2213, ENGL 2223, MUS 2003 or MUS 2013, PHIL 2403, or THEA 2003)	3
BIOL 2063/2061 Anatomy & Physiology I/Lab	4	BIOL 2073/2071 Anatomy & Physiology II/Lab	4
Total Semester Hours	17	Total Semester Hours	16
Fall - Semester 5		Spring - Semester 6	
ESCI 4363 Exercise Prescription and Fitness Program	3	HKR 4323 Organization and Administration in HKR	3
REC 3653 Leadership in HKR	3	ESCI 4023 Applied Statistics	3
AT 3013 Therapeutic Exercise	3	HS 3243 Kinesiology and Biomechanics	3
PHYS 2003/2001 College Physics I/Lab	4	HS 4023 Pharmacology in Sports	3
HS 4013 Adapted Kinesiology	3	ESCI 3032 Therapy and Rehabilitation	2
ESCI 4652 Exercise Science Practicum I	2		
Total Semester Hours	18	Total Semester Hours	14
Fall - Semester 7		Spring - Semester 8	
HS 4243 Exercise Physiology	3	ESCI 4676 Exercise Science Internship I	6
AT 3023 Strength and Conditioning	3	ESCI 4686 Exercise Science Internship II	6
ESCI 3043 Nutrition and Human Performance	3		
ESCI 4333 Instrumentation and Physiological Assessment	3		
Total Semester Hours	12	Total Semester Hours	12

Total hours required for major – 120

*Note: Must have six hours of history/government. Three hours must be World History I or II. Three hours must be U.S. History I, U.S. History II or American Government: National. PSYC 2003 General Psychology is required.