

Exercise Science Strength & Conditioning 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, MATH 1053, 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
HS 1403 Personal and Community Health	3	HS 2043 Human Anatomy and Physiology	3
Biological Science choice/Lab BIOL 1043/1041 or BIOL 1203/1201	4	EDUC 2023 K-12 Education Technology or IS 1003 Introduction to Computers or CSCI 1102/1101 Introduction to Computing/Lab	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	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	3
GSTD 1002 Freshman Seminar	2		
Total Semester Hours	18	Total Semester Hours	15
Fall - Semester 3		Spring - Semester 4	
World Literature I/II (ENGL 2213 or ENGL 2223)	3	REC 3653 Leadership in HKR	3
ESCI 3003 Motor Learning and Development	3	REC 3663 Leisure and Aging	3
HS 2413 First Aid and Safety/CPR	3	SM 3623 Psychology of Sports	3
Physical Science choice/Lab (CHEM 1013/1011, CHEM 1023/1021, CHEM 1133/1131, GEOL 1003/1001, PHSC 2023/2021, PHYS 2003/2001, PHYS 2133/2131, or PHYS 2203/2201)	4	Social Science choice (ECON 2103, FIN 2003, GEOG 2003, PSCI 2003, PSYC 2003, SOC 1003, SOC 2003)	3
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	Major Elective	3
Total Semester Hours	16	Total Semester Hours	15
Fall - Semester 5		Spring - Semester 6	
ESCI 4363 Exercise Prescription and Fitness Program	3	HKR 4323 Organization and Administration in HKR	3
AT 3023 Strength and Conditioning	3	ESCI 4023 Applied Statistics	3
AT 3013 Therapeutic Exercise	3	HS 3243 Kinesiology and Biomechanics	3
SM 3323 Instructional Strategies in Coaching	3	HS 4023 Pharmacology in Sports	3
HS 4243 Exercise Physiology	3	ESCI 4333 Instrumentation and Physiological Assessment	3
Total Semester Hours	15	Total Semester Hours	15
Fall - Semester 7		Spring - Semester 8	
ESCI 4033 Trends in Strength & Conditioning	3	ESCI 4676 Exercise Science Internship I	6
HS 4013 Adapted Kinesiology	3	ESCI 4686 Exercise Science Internship II	6
ESCI 3043 Nutrition and Human Performance	3		
ESCI 4652 Exercise Science Practicum I	2		
SM 4013 Legal and Ethical Issues in Sports	3		
Total Semester Hours	14	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.

Major Elective Options

BIOL 2003 Nutrition and Diet	PSYC 3223 Developmental Psychology
FIN 2003 Personal Finance	SM 3663 Sport Promotion & Financial Management
HS 2443 Techniques in the Prevention & Care of Athletic Injuries	