

- People Soft
- Entered in Access

ESS MAJOR DECLARATION

Name: _____ **ID:** _____

Local Address: _____ **City:** _____ **Zip:** _____

Phone: _____ **All email correspondence must be sent from your Umail account**

Utah Resident: Yes or No **Gender:** Male or Female **Transfer Student:** Yes or No , if Yes, from where? _____

Class Standing: Freshman (0-29 hours) Sophomore (30-59 hours) Junior (60-89 hours) Senior (90-Graduation)

Optional: Race: Black Latino White Native American Asian-Pacific Islander Other _____

The Department of Exercise and Sport Science has a rich tradition of preparing knowledgeable, caring professionals. The focus of the undergraduate program is on examining and understanding the phenomena associated with involvement in physical activity and the execution of sport skills. By better understanding these phenomena, teachers, coaches, athletic trainers, and fitness leaders will be able to help optimize sport skill learning experiences for children and adults, administer safe and effect fitness programs, enhance the performance potential of athletes, adopt and modify physical activity for individuals with special needs, and promote physical activity in the community. The ultimate goal of the course work is to foster a better understanding of movement, educate professionals skilled in the practical application of the sport and exercise sciences, and promote an active lifestyle through courses in pedagogy, kinesiology, biomechanics, exercise physiology, motor behavior, nutrition, and exercise/sport psychology.

It is my understanding that it is the student's responsibility to insure that the following requirements are met prior to graduation:

General Education & University Degree Requirements:

- | | |
|--|---|
| AI – American Institution (1 course required) | HF – Humanities Foundation (2 courses required) |
| FF – Fine Arts Foundation (2 courses required) | BF – Behavioral Science Foundation – Not required if in the ESS major |
| SF – Life Science (2 courses required or 1 required if taking an AS) | AS – Applied Science (1 course required if taking 1 SF) |
| WR2 – Writing 2010 | QA – Quantitative Analysis (1 course required) |
| QA – Quantitative Analysis (1 course required) | QB – Quantitative Reasoning – Statistics/Logic (1 course required) |
| DV – Diversity (1 course required) | IR – International Requirement (1 course required) |
| QI – Quantitative Intensive (2 courses required) | CW – Communication Upper Division Writing (1 course required) |

The following General Education and University degree requirements might be covered in the ESS department (this will depend on which major or program you select):

QA – Quantitative Analysis, QB – Quantitative Reasoning, SF – Life Science, AS – Applied Science, QI – Quantitative Intensive, and DV – Diversity

Total Credit Hours: a minimum of 122 total credit hours (any course taken at the University of Utah – or applicable transfer course – for a letter grade or for credit. Failing grades and courses taken for non-credit will not fulfill this requirement.)

Upper Division hours: a minimum of 40 total upper division hours (3000-level of above classes will fulfill this requirement.)

Residency Requirement: 20 of the last 30 credit hours must be taken at the University of Utah. Online or distance learning courses will fulfill this requirement. Course taken at another institution but transferred to the University of Utah will not fulfill the requirement.

Major Requirement: The courses required for the major will depend on the major or emphasis in the Department of Exercise and Sport Science. I must meet with the ESS advisor to change my major in the department or change my emphasis. Failure to change it with the ESS department will result in an extended graduation date and possibly denial into required courses. The courses in the major must be fulfilled with a letter grade of C- or better by my intended graduation date. Failure to take the courses or a failing grade, will affect my desired graduation date. The major courses can be found on my academic completion plan.

X _____

In order for a student to be accepted as a major in the Department of Exercise and Sport Science (ESS), he/she must know and understand the following statements and sign this form.

1. I know that University College (450 SSB) provides general academic advising for all entering students such as freshmen, and transfer students who are undecided on a major and/or experiencing academic problems.
2. I know that after declaring a major in ESS I will meet with the ESS Advisor to review the University Graduation Requirements (i.e. general education, bachelor degree and major requirements). The ESS Advisor will approve and/or help revise the students Academic Program Completion Plan. If I choose to not follow the plan my advisor and I originated, it may result in my graduation being delayed due to not having taken the proper classes at the proper times.
3. Even with the help of an advisor, I understand that I am ultimately responsible for meeting my major and university degree requirements.
4. I know the General Education Requirements consist of Intellectual Exploration (IE), Writing (WR), American Institution (AI), and Quantitative Reasoning (QA & QB) courses.
5. I know the University Bachelor Degree Requirements: Upper-Division Communication/Writing (CW), International Requirement (IR), Diversity (DV), Quantitative Intensive Requirement (QI) or the BA Language Requirement.
6. I know the Minimum Semester Hour Requirement (40 upper-division and 122 total), Minimum 2.0 GPA, Residency, and Graduation Application Deadline.
7. I know the courses required for my major or my emphasis, and that the courses must be completed in order to graduate.
8. I know the ESS courses must be taken for a grade and that C- is the lowest grade accepted. I know that certain programs in the ESS major have a GPA requirement and that if I do not adhere to that GPA requirement, I will be asked to leave that program.
9. I know that computer skills in word processing and spreadsheets are required in several ESS courses and without these skills I will be denied admission to these classes.
10. I know that prerequisite courses must be met before enrolling in courses in the major, and failure to meet these prereqs might result in my expulsion from the course or not being able to enroll in the course. **X** _____
11. I know that every course in my major is not taught every semester so it is important that I plan ahead in order to complete the courses required in my major track.
12. Withheld numbers for ESS courses can only be obtained from the ESS department by the authorized ESS staff member. Receiving a withheld number from anyone other than an authorized staff member (this may include graduate students, instructors, or classmates, etc) will result in my being asked to drop the course and could possibly result in academic discipline, which could lead to my expulsion from the University of Utah for violating the student honor code.
13. I know that I must complete every required course listed in my major track. No classes will be waived in my major track.
14. I know that I should apply for graduation (SSB 250) two semesters before my expected graduation date and that I am responsible to bring a current DARS report to turn in with the graduation application. It is my responsibility to turn in my graduation application to the graduation office. Failing to make an appointment prior to the deadline, may result in paying a late fee to the graduation office.
15. All Spring and Summer graduating seniors will be able to participate in the Spring College of Health convocation ceremony. Fall graduates must wait until the following Spring to participate in the Spring College of Health convocation ceremony.
16. All students participating in the College of Health graduation convocation ceremony will be required to let the department know of their intent to walk by April 1st. If you do not let the department know of your intent to participate, you will not have a name card for the ceremony and you will not have a seat reserved at the ceremony.

YOUR SIGNATURE INDICATES THAT YOU UNDERSTAND AND ADHERE TO THE ABOVE STATEMENTS.

Student Signature

Date

Advisor Signature

Date