

Academic Program Completion Plan
 Exercise and Sport Science - **Emphasis: Fitness Leadership**

Student's Name _____ ID# _____

Fitness Leadership Requirements	Credit Hours	Grade	Semester Enrolled
MATH 1040 Introduction to Statistics or a Statistic Course approved by dept. advisor	3		
BIOL 2325 Anatomy (Rec. Pre-req. BIOL 1210)	4		
ESS 2500 Exploration of Movement Sciences (Pre-req or co-req. MATH 1040 or a Statistics Course)	3		
ESS 2600 or 2601 Sport & American Society	3		
ESS 3091 or 3094 Physiology of Fitness (Pre-req. MATH 1040 & BIOL 2325)	3		
ESS 3092 Kinesiology (Pre-req. BIOL 2325 & ESS 2500)	3		
ESS 3340 or 3341 Sport Psychology	3		
ESS 3551 Application of Human Motor Development Across the Lifespan (Pre-req. ESS 2500)	3		
ESS 3670 Ex. Health & Cultural Perspective (Pre-req. ESS 3091)	3		
ESS 4464 Group Fitness Instructor	3		
ESS 4465 Exercise Programming: Assessment and Delivery (Pre-req. ESS 3091 and ESS 4464)	5		
ESS 4670 Aging & Exercise (Pre-req. ESS 3091)	3		
ESS 4800 Practicum (Pre-req. ESS 4465 and ESS 4464)	4		
ESS 4810 Internship (Pre-req. ESS 4800)	6		
HEDU 1950 Emergency First Aid	4		
HEDU 4250 Facilitating Health Behavior	3		
NUTR 5360 Weight Management (Pre-req. NUTR 1020)	3		
<i>FL Required Elective Hours (6 Hrs.) 3 out of 6 credit hours must be taken in the ESS Dept.</i>			
1.			
2.			

 Student Signature & Date

 Departmental Advisor Signature & Date