

Academic Program Completion Plan
 Exercise and Sport Science – **Emphasis: Exercise Science**

Student's Name _____ ID# _____

<i>Exercise Science Requirements</i>	<i>Credit Hrs.</i>	<i>Grade</i>	<i>Semester Enrolled</i>
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)	3		
ESS 2600 or 2601 Sport and American Society	3		
ESS 3091 or 3094 Physiology of Fitness (Pre-req. BIOL 2325 & ESS 2500)	3		
ESS 3092 Kinesiology (Pre-req. BIOL 2325 & ESS 2500)	3		
ESS 3093 or 3096 Biomechanics (Pre-req. ESS 2500 & ESS 3092)	3		
ESS 3340 or 3341 Sport Psychology	3		
ESS 3550 Motor Learning (Pre-req. ESS 2500)	3		
ESS 3551 Application of Human Motor Development Across the Life Span (Pre-req. ESS 2500)	3		
ESS 3670 Ex.: Health & Cultural Prospect. (Pre-Req. ESS 3091/3094)	3		
ESS 4670 Aging & Exercise (Pre-Req. ESS 3091/3094)	3		
ESS 4900 Promoting Physical Activity in the Community (Pre-req. ESS 3551, 3670, 4670, & HEDU 4250)	5		
HEDU 1950 Emergency First Aid	4		
HEDU 4250 Facilitating Healthy Behavior	3		
<i>Exercise Science Required ESS Elective Hours (12 Hrs.) 6 out of 12 credit hours must be taken in the ESS department</i>			
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 Student Signature & Date

 Departmental Advisor Signature & Date