

Exercise Science Electives Only

Students in Exercise Science must have 6 out of 12 credit hours of electives in the ESS department.

ESS 3200 – Introduction to Coaching (3 credit hours)

ESS 3480 – Therapeutic Exercises in Athletic Training (3 credit hours) *prereq: ESS 3091 or ESS 3094*

ESS 4301 – Exercise Physiology Lab (3 credit hours) *prereq or co-req: ESS 3091 or ESS 3094*

ESS 4360 – Body Composition (3 credit hours) *prereq: ESS 3091 or ESS 3094*

ESS 4387 – Resistive Training (3 credit hours) *prereq: ESS 3091 or ESS 3094*

ESS 4464 – Group Fitness Instructor (3 credit hours)

ESS 4465 – Exercise Programming (5 credit hours) *prereq: ESS 3091 or ESS 3094*

ESS 4610 – Teachings to Improve Behavior Skills in PE (3 credit hours)

ESS 4650 – Intro to Teaching Special Physical Education (3 credit hours) *prereq: ESS 4610*

ESS 4690 – Training Planning (3 credit hours) *prereq: ESS 3091 or ESS 3094*

ESS 4780 – Psychology of Sport Injury (3 credit hours)

ESS 4920 – Independent Study (1 to 5 credit hours) In this course, you will be working directly with a faculty member, either helping them with their current research or learning more about an area in Exercise and Sport Science in which they are experts.

ESS 4921 – Peer Tutoring (1 credit hour)

ESS 5800 – Special Projects (1 to 5 credit hours) In this course, you will be working directly with a faculty member, either helping them with their current research or learning more about an area in Exercise and Sport Science in which they are experts.

ESS 5850 – Special Topics (1 to 5 credit hours) Courses vary from semester to semester. Please check the class schedule for the available courses.

NUTR 5320 – Nutrition for Exercise and Sport (3 credit hours)

NUTR 5360 – Weight Management (3 credit hours)

NUTR 5420 – Applied Nutrition (3 credit hours)

HEDU 5370 – Health and Optimal Aging (3 credit hours)

HEDU 3160 – Stress Management (3 credit hours)

HEDU 3050 – Community Health Issues (3 credit hours)

****Not every course is offered during each semester. Please consult the class schedule to find out when classes are being offered or contact the advisor with questions.**

Fitness Leadership Electives Only

Students in Fitness Leadership must have 3 out of 6 credit hours of electives in the ESS department

- ESS 3093 – Biomechanics (3 credit hours) *prereqs: ESS 2500 & ESS 3092*
- ESS 3200 – Introduction to Coaching (3 credit hours)
- ESS 3480 – Therapeutic Exercises in Athletic Training (3 credit hours) *prereq: ESS 3091 or ESS 3094*
- ESS 3550 – Motor Behavior (3 credit hours) *prereq: ESS 2500*
- ESS 4301 – Exercise Physiology Lab (3 credit hours) *prereq or co-req: ESS 3091 or ESS 3094*
- ESS 4360 – Body Composition (3 credit hours) *prereq: ESS 3091 or ES 3094*
- ESS 4387 – Resistive Training (3 credit hours) *prereq: ESS 3091 or ESS 3094*
- ESS 4610 – Teachings to Improve Behavior Skills in PE (3 credit hours)
- ESS 4650 – Intro to Teaching Special Physical Education (3 credit hours) *prereq: ESS 4610*
- ESS 4690 – Training Planning (3 credit hours) *prereq: ESS 3091 or ESS 3094*
- ESS 4780 – Psychology of Sport Injury (3 credit hours)
- ESS 4900 – Promoting Physical Activity in the Community (5 credit hours) *prereqs: ESS 3551, ESS 3670, ESS 4670 and H EDU 4250*
- ESS 4920 – Independent Study (1 to 5 credit hours) In this course, you will be working directly with a faculty member, either helping them with their current research or learning more about an area in Exercise and Sport Science in which they are experts.
- ESS 4921 – Peer Tutoring
- ESS 5800 – Special Projects (1 to 5 credit hours) In this course, you will be working directly with a faculty member, either helping them with their current research or learning more about an area in Exercise and Sport Science in which they are experts.
- ESS 5850 – Special Topics (1 to 5 credit hours) Courses vary from semester to semester. Please check the class schedule for the available courses.
- NUTR 5320 – Nutrition for Exercise and Sport (3 credit hours)
- NUTR 5420 – Applied Nutrition (3 credit hours)
- HEDU 5370 – Health and Optimal Aging (3 credit hours)
- HEDU 3160 – Stress Management (3 credit hours)
- HEDU 3050 – Community Health Issues (3 credit hours)

****Not every course is offered during each semester. Please consult the class schedule to find out when classes are being offered or contact the advisor with questions.**