**Exercise Science Electives Only**

Students are required to complete a total of 12 credit hours of electives. 6 credit hours are required from ESS and 6 credit hours are required from either HEDU or NUTR.

- **ESS 3200** – Introduction to Coaching (3 credit hours)
- **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 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 4922** – 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 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.**