

Fitness Leadership Electives Only

Students are required to complete a total of 6 credit hours of electives. 3 credit hours are required from ESS and 3 hours are required from either H EDU or NUTR.

ESS 3093 – Biomechanics (3 credit hours) *prereqs: ESS 2500 & ESS 3092*

ESS 3200 – Introduction to Coaching (3 credit hours)

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 ESS 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.**