

Exercise and Sport Science <i>Emphasis: Fitness and Wellness Specialist 2015-2016</i>		Credit Hours	Grade	Semester Enrolled
COURSE THAT MUST BE COMPLETED OR IN PROGRESS AT TIME OF DECLARATION:				
ESS 2500	Exploration of Movement Science	3		
SEQUENCE FOR REQUIRED CORE COURSES:				
MATH 1050	College Algebra (see MATH Dept for prereq)	4		
MATH 1040 or 1070	Statistics (see MATH Dept for prereq)	3		
BIOL 2325	Human Anatomy	4		
BIOL 2420	Human Physiology (Prereq BIOL 1210 & CHEM 1210)	4		
ESS 3091 or 3094*	Exercise Physiology (Prereq BIOL 2325, BIOL 2420, & MATH 1050)	3		
ESS 4464	Exercise Instructor Training	3		
ESS 3092	Kinesiology (Prereq BIOL 2325)	3		
ESS 4465	Exercise Programming (Prereq ESS 3091/3094; Coreq ESS 3092)	3		
ESS 4466	Applied Exercise Programming (Prereq declared Fitness & Wellness Specialist; Coreq ESS 4465)	3		
ESS 4800	Practicum (Prereq ESS 4464, ESS 4465, & ESS 4466)	4		
ESS 4810	Supervised Internship (Prereq ESS 4800) permission code required-see ADVISOR Active First Aid/CPR/AED certifications required for registration	6		
REQUIRED CORE COURSES W/ FLEXIBLE SEQUENCE				
NUTR 1020	Foundations of Nutrition	3		
NUTR 5360	Weight Management (Rec. Prereq NUTR 1020 or NUTR 4440)	3		
ESS 2600 or 2601*	Sport and American Society	3		
ESS 3340 or 3341*	Sport Psychology	3		
ESS 3350	Exercise Psychology	3		
ESS 3670	PA Epidemiology (Prereq ESS 3091/3094)	3		
ESS 4670	Aging and Exercise (Prereq ESS 3091/3094, Coreq 4465)	3		
ESS 4690	Training & Planning (Coreq ESS 3091/3094)	3		
9 REQUIRED ELECTIVE HOURS •Minimum of 3 credit hrs from ESS •Maximum of 3 credit hrs from H EDU				
ESS 3093	Biomechanics (Prereq BIOL 2325 & MATH 1050)	3		
ESS 3200	Intro. to Coaching	3		
ESS 3300	Intro. to Sports Medicine	3		
ESS 3550	Motor Behavior	3		
ESS 3551	Appl. of Human Motor Development	3		
ESS 4301	Exercise Physiology Lab (Coreq ESS 3091/3094)	3		
ESS 4387	Resistance Training (Coreq ESS 3091/3094)	3		
ESS 4610	Teaching to Improve Beh. Skills in PE	3		
ESS 4650	Intro. to Teaching Special PE (Prereq ESS 4610)	3		
ESS 4780	Psychology of Sport Injury	3		
H EDU 3050	Community Health Issues	3		
H EDU 3160	Stress Management	3		
NUTR 4440	Advanced Human Nutrition (Rec. Prereq NUTR 1020 & BIOL 1210)	4		
NUTR 5320	Nutr. for Exercise and Sport (Rec. Prereq NUTR 1020 & ESS 3091)	3		
NUTR 5420	Applied Nutr. Through the Lifecycle (Rec. Prereq NUTR 1020 or 4440)	3		

Core Hours: 67

Elective Hours: 9

Minimum Upper Division Hours: 52

Total Hours: 76

*Honors Courses: Student must have a minimum 3.5 GPA in order to enroll in an Honors affiliated course.

Check the Course Catalog for current required or recommended prerequisites in MATH, BIOL, CHEM, PHYS, & NUTR.