STUDENT WORKSHEET
EXERCISE SCIENCE MAJOR (B.S.)
College of Education and Human Services
GENERAL EDUCATION REQUIREMENTS (51 credit hours)

Name: _____

I. Required Skills and Competencies (16 Credit Hours)

_____	ENG 106 Writing Intensive First Year Seminar **OR** (Replaced ENG101 College Writing)	3 credits
	ENG 110 Advanced Placement Writing	
_____	HCS 100 Intro to Human Communication (Replaced SPE100 Basic Oral Comm)	3 credits
_____	HIS 105 Foundations of Global Cultures	3 credits
_____	HIS 106 Thinking Historically in a Global Age	3 credits
_____	MAT 117 Applied Statistics	4 credits

II. Categories of Knowledge (35 credit hours)

Category A*: *Logic and Numbers for Rational Thinking (3 credits)
1 course (Courses listed in Catalog)

_____ _____ 3 credits

Category B*: *Linguistic, Literary, Artistic and Cultural Traditions (9 credits)
3 courses (One listed under Literature and two from different disciplines listed under Humanities)

_____	Literature _____	3 credits
_____	Humanities _____	3 credits
_____	Humanities _____	3 credits

Category C*: *Biological & Physical Sciences (11 credits)
NOTE: Although the University General Education requirements require only 9 credits, Exercise Science majors must take 11 credits in this category due to lab requirements.

_____	BIO 161 Cell Structure/Function ***OR*** BIO 162 Organismal Diversity	4 credits
_____	CHM 105 An Observational Approach ***OR***	3 credits
_____	CHM 121 Chemical Bonding and	3 credits
_____	CHM 123 or CHM 125	1 credit
_____	PHY 121 Intro to Physics (Fall Only)	3 credits
_____	PHY 123 Intro to Physics LAB (Fall Only)	1 credit

Category D*: *Political, Economic, and Geographic Sciences (6 credits)
2 courses (must be in two different disciplines)

_____	PLS, ECO, or GEO _____	3 credits
_____	PLS, ECO, or GEO _____	3 credits

Category E*: *Social and Behavioral Sciences (6 credits)
2 courses (must be in two different disciplines)

_____	PSY 101 General Psychology	3 credits
_____	SOC 101 Intro to Sociology: Society and Diversity* **OR** WST 100 Intro to Women's Studies*	3 credits

*Fulfills the University diversity requirement

BASIC SCIENCE CORE (12 credit hours)
3 additional credits to pick up Biology Minor

_____	BIO 161 Cell Structure/Function ***OR*** BIO 162 Organismal Diversity	4 credits
_____	BIO 371 Human Anatomy (fall only)	4 credits – BIO161&BIO162
_____	BIO 350 Human Physiology	4 credits – BIO161&BIO162
_____	**BIO Elective _____**	**3 credits (To complete Bio Minor)**

EXERCISE SCIENCE REQUIREMENTS (45-51 Credit Hours)
NOTE: All Exercise Science major courses need to be completed with a C or above.

_____	ESC 244 Mechanical Analysis of Sport Skills	3 credits – No Pre-Reqs
_____	ESC 250 Intro to Kinesiology	3 credits – No Pre-Reqs
_____	ESC 321 Exercise Physiology I	4 credits – ESC250 (Pre/Co) & BIO350
_____	ESC 333 Biomechanics	3 credits – ESC244&ESC250&BIO371&PHY121
_____	ESC 336 Motor Behavior	3 credits – ESC250
_____	ESC 340 Prevention & Care of Athletic Injuries	3 credits – ESC250&BIO161&BIO162
_____	ESC 350 Nutrition for Sport & Fitness	3 credits – ESC243 or ESC321
_____	ESC 352 Psychology of Physical Activity	3 credits – PSY101&ESC250
_____	ESC 353 Research Design and Statistics for Exer Sci	3 credits – ESC244&ESC321&MAT102
_____	ESC 420 Cardiac Rehab & Special Populations	4 credits – ESC321
_____	ESC 421 Exercise Physiology II	4 credits – ESC321
_____	ESC 422 Exercise Testing & Prescriptions	3 credits – ESC421 (Pre/Co)
_____	ESC 424 Internship	6/9/12 credits – Completion of all Major courses with a "C" or above and a GPA of 2.5 or above

ELECTIVES (6-12 DEPENDING ON INTERNSHIP)

_____	Elective _____	3 credits	_____	Elective _____	3 credits
_____	Elective _____	3 credits	_____	Elective _____	3 credits
_____	Elective _____	3 credits	_____	Elective _____	3 credits
_____	Elective _____	3 credits	_____	Elective _____	3 credits

Recommended Electives: BIO220 Microbiology, BIO260 Genetics, GRN100 Introduction to Gerontology, ESC207 Stress Management, ESC213 Organization and Administration for Health, Fitness, and Sports Facilities, SOC275 Sociology of Sport and Leisure, & BIO seminar Careers in Health Science, ESC339 Exercise Science Seminar (TBA) 1 credit

Policy statement: Any student may enroll and complete any course in the Department of Exercise Science. Prerequisites for any course must be completed prior to enrollment. Students may complete no more than 3 Exercise Science major courses within the Department of Exercise Science without admission into the Exercise Science major.

EXERCISE SCIENCE MAJOR
CLEARANCES AND CERTIFICATIONS

All students are required to acquire Certification by attending an American Red Cross (ARC) or American Heart Association (AHA) workshop at the students' expense. All students doing an internship must hold current certifications. (at the students' expense):

_____ First Aid
_____ CPR Certification
_____ Child Abuse
_____ Criminal Record
_____ TB Test
_____ Proof of Liability Insurance

All students will be required to take one certification exam at the student's expense. These include: (1) the American College of Sports Medicine (ACSM) Health Fitness Specialist Exam <www.acsm.org>, (2) the American College of Sports Medicine (ACSM) Certified Personal Training (CPT) Exam <www.acsm.org>, (3) the National Strength and Conditioning Association (NSCA) Certified Personal Trainer (NSCA-CPT) exam <www.nsca-cc.org>, or (4) the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (NSCA-CSCS) exam <www.nsca-cc.org>.