

# B.S. Ed. Degree in Health and Human Performance

## Exercise and Sport Science Concentration (EXSS)

Name:	SID#:
Advisor:	Semester/Year Admitted:

I. General Education Requirements (41 hours)	Grade	Semester/Yr
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**A. Communication (9 hours)**

ENGL 1010 (3) (minimum grade of C- required)

ENGL 1020 (3) (minimum grade of C- required)

COMM 2381 (3)

**B. Mathematics (3 hours)**

MATH 1410 (3); MATH 1420 (3); MATH 1530 (3); MATH 1710 (3); MATH 1730 (3);

MATH 1830 (3); MATH 1910 (4); MATH 2000 (3)

**C. Literature (3 hours) (select one)**

ENGL 2201 (3) or ENGL 2202 (3)

**D. Humanities (6 hours) (select any two)**

ART 1030 (3); CLAS 2481 (3); COMM 1851 (3); DANC 1151 (3); HIST 1110 (3);

HIST 1120(3); MUS 1030(3); MUS 1040 (3); PHIL 1101 (3); PHIL 1102 (3); POLS 1101(3);

POLS 1102 (3); THEA 1030 (3); JDST 2850 (3); UNIV 3580 (3); UNIV 3581

**E. American History (6 hours) (select any two)**

ANTH 3282 (3); HIST 2010 (3); HIST 2020 (3); HIST 2030 (3); HIST 3863 (3);

HIST 4851 (3); HIST 3881 (3); POLS 4212 (3); POLS 4405 (3); SOCI 3422 (3)

**F. Social and Behavioral Science (6 hours) (select any two)**

ANTH 1100 (3); ANTH 1200 (3); ECON 2110 (3); ECON 2120 (3);

ESCI 1301 (3); ESCI 1401 (3); POLS 1100 (3); POLS 1301 (3);

POLS 1501 (3); PSYC 1200 (3); PSYC 3510 (3); SOCI 1111 (3); SOCI 2100 (3);

SOCI/CSED 2101 (3); UNIV 2304 (3)

**G. Natural Science 8 hours (sequence required\*) 4 hour lecture/laboratory Pre-reqs maybe required, see bulletin.**

BIOL 1010/1011 & BIOL 1020/1021 (8); BIOL 1110/1111 & 1120/1121 (8);

CHEM 1010/1011 & 1020/1021 (8); CHEM 1110/1111 & 1120/1121 (8);

PHYS 1010/1001 & 1020/1002 (8); PHYS 2010/2011 & 2020/2021 (8)

\*Department requirement

NOTES:

Department of Health and Sport Sciences: The University of Memphis

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## Exercise and Sport Science Concentration (EXSS)

### I. University General Education Requirement: 41 hours

### II. Related Scientific Studies (8 hours)

Grade Semester /Year

BIOL	2010	3	Anatomy and Physiology I (Fall Only)
BIOL	2011	1	Anatomy and Physiology I Lab (Fall Only)
BIOL	2020	3	Anatomy and Physiology II (Spring Only)
BIOL	2021	1	Anatomy and Physiology II Lab (Spring Only)

Requirements to begin EXSS concentration courses: 8 credit hours of A & P (minimum grade of C-) & EXSS 2010/2020.

### III. Exercise and Sport Science Concentration (52 hours)

Grade Semester/Year

EXSS	2010	2	Resistance Training Applications
EXSS	2020	2	Aerobic Training Applications
EXSS	3020	3	Exercise and Sport Mechanics (Fall)
EXSS	3050	3	Adv. Life Support for Ex. Cond. & Testing (Fall)
EXSS	3405	3	Anatomic Kinesiology (Fall)
EXSS	3450	3	Psychological Aspects of Exercise [W] (Spring)
EXSS	3603	3	Exercise Physiology I (Spring)
EXSS	3703	3	Exercise Physiology II (Spring)
EXSS	3803	3	Motor Learning (Fall)
EXSS	4000	3	Ex. Test Techniques Lec. (1) & Lab (2) (Fall)
EXSS	4015	3	Exercise Prog. For Special Populations (Fall)
EXSS	4603	3	Advanced Methods of Strength Conditioning (Fall)
EXSS	4605	9	Internship in Exercise and Sport Science (Spring)
HMSE	4999	3	Senior Project [I] (Senior Test Required) (Spring)
HPRO	2100	3	Wellness Concepts and Practices
NUTR	2202	3	Nutrition

### IV. Electives (19 hours)

File Intent to Graduate, see adviser for deadline dates.

EXSS program = 120 hours Grade of C- or better required for each course.

Internship and Senior Project to be completed the final semester, all other coursework must be complete with a C- or better.