# B.S. Degree in Health Studies

**Exercise, Sport, & Movement Sciences Concentration (ESMS)**

<table>
<thead>
<tr>
<th>Name:</th>
<th>SID#:</th>
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<tbody>
<tr>
<td>Advisor:</td>
<td>Semester/Year Admitted:</td>
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## I. General Education Requirements (41 hours)

### 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 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); ARTH 2010 (3); ARTH 2020 (3); CLAS 2481 (3); COMM 1851 (3); DANC 1151 (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 (3); RLGN 1100 (3)

### E. History (6 hours) (select any two)
- ANTH 3282 (3); HIST 1110(3); HIST 1120 (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 2010 (3); ECON 2020 (3); ESCI 1301 (3); ESCI 1401 (3); JOUR 1700 (3); POLS 1030 (3); POLS 1301 (3); POLS 1501 (3); PSYC 1030 (3); PSYC 3510 (3); SOCI 1010 (3); SOCI 2100 (3); SOCI/CSED 2101 (3); UNIV 2304 (3); HLSC 2100 (3)

### G. Natural Science 8 hours (4 hour lecture/laboratory; Pre-reqs may be required, see bulletin)
- BIOL 1010/1011 (4); BIOL 1020/1021 (4); BIOL 1110/1111 (4); BIOL 1120/1121 (4); CHEM 1010/1011 (4); CHEM 1020/1021 (4); CHEM 1110/1111 (4); CHEM 1120/1121 (4); PHYS 1010/1001 (4); PHYS 1020/1002 (4); PHYS 2110/2111 (4); PHYS 2120/2121 (4)

## NOTES:

**School of Health Studies**
The University of Memphis

AKJ/17U
## B.S. Degree in Health Studies

### Exercise, Sport & Movement Sciences Concentration (ESMS)

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

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Grade</th>
<th>Sem/Yr</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>BIOL</td>
<td>2010</td>
<td>3</td>
<td>Anatomy and Physiology I</td>
</tr>
<tr>
<td>BIOL</td>
<td>2011</td>
<td>1</td>
<td>Anatomy and Physiology I Lab</td>
</tr>
<tr>
<td>BIOL</td>
<td>2020</td>
<td>3</td>
<td>Anatomy and Physiology II</td>
</tr>
<tr>
<td>BIOL</td>
<td>2021</td>
<td>1</td>
<td>Anatomy and Physiology II Lab</td>
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#### III. Exercise, Sport & Movement Sciences Concentration (52 hours)

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<thead>
<tr>
<th>Course Code</th>
<th>Grade</th>
<th>Sem/Yr</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>ESMS</td>
<td>2015</td>
<td>3</td>
<td>Resistance &amp; Aerobic Training Applications</td>
</tr>
<tr>
<td>HMSE</td>
<td>2000</td>
<td>2</td>
<td>Health/Sport Science Terminology</td>
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<tr>
<td>ESMS</td>
<td>2004</td>
<td>2</td>
<td>Introduction to Exercise, Sport &amp; Movement Sciences</td>
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<tr>
<th>Course Code</th>
<th>Grade</th>
<th>Sem/Yr</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>ESMS</td>
<td>3020</td>
<td>3</td>
<td>Ex. &amp; Sport Mechanics (Spring)</td>
</tr>
<tr>
<td>ESMS</td>
<td>3050</td>
<td>3</td>
<td>Adv. Life Support for Ex. Cond. &amp; Testing (Fall)</td>
</tr>
<tr>
<td>ESMS</td>
<td>3410</td>
<td>3</td>
<td>Anatomical Kinesiology I (Fall)</td>
</tr>
<tr>
<td>ESMS</td>
<td>3415</td>
<td>3</td>
<td>Anatomical Kinesiology II (Fall)</td>
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<td>ESMS</td>
<td>3450</td>
<td>3</td>
<td>Psychological Aspects of Exercise (Spring)</td>
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<tr>
<td>ESMS</td>
<td>3603</td>
<td>3</td>
<td>Exercise Physiology I (Spring)</td>
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<tr>
<td>ESMS</td>
<td>3703</td>
<td>3</td>
<td>Exercise Physiology II (Fall)</td>
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<tr>
<td>ESMS</td>
<td>3803</td>
<td>3</td>
<td>Motor Learning (Fall)</td>
</tr>
<tr>
<td>ESMS</td>
<td>4000</td>
<td>3</td>
<td>Ex. Test Techniques Lec. (1) &amp; Lab (2) (Fall)</td>
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<tr>
<td>ESMS</td>
<td>4015</td>
<td>3</td>
<td>Exercise Prog. For Special Populations (Fall)</td>
</tr>
<tr>
<td>ESMS</td>
<td>4603</td>
<td>3</td>
<td>Advanced Methods of Strength Conditioning (Fall)</td>
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<tr>
<td>ESMS</td>
<td>4605</td>
<td>6</td>
<td>Internship (taken final semester)</td>
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<tr>
<td>HLSC</td>
<td>4400</td>
<td>3</td>
<td>Statistics for Health Sciences</td>
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<tr>
<td>NUTR</td>
<td>2202</td>
<td>3</td>
<td>Nutrition</td>
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All ESMS concentration courses must be successfully (> C-) completed prior to starting the internship. A total of 6 elective/general education hours may be taken in conjunction with the internship. Hours beyond 6 may be attempted only with program coordinator approval.

#### IV. Electives (19 hours)

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**File Intent to Graduate:**

ESMS program = 120 hours with a grade of C- or better required for all major courses

**School of Health Studies: The University of Memphis**

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