



# B.S. HEALTH STUDIES

## Exercise, Sport & Movement Sciences

### COURSES OFFERED BY SEMESTER (ESMS)

#### FALL

NUTR 2202 – Nutrition  
HMSE 2000 – Health/Sport Science Terminology  
ESMS 2004 – Introduction to Exercise, Sport & Movement Sciences  
ESMS 2015 – Resistance & Aerobic Training Applications  
ESMS 3020 – Exercise & Sport Mechanics  
ESMS 3050 – Adv. Life Support for Ex. Cond. & Testing  
ESMS 3420 – Structural Kinesiology  
ESMS 3603 – Exercise Physiology I  
ESMS 3703 – Exercise Physiology II  
ESMS 3803 – Motor Learning

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**Note:** All prerequisites must be successfully completed prior to entry in ESMS 4000, 4015, & 4603.

ESMS 4000 – Ex. Test Techniques Lec. (1) & Lab (2)  
ESMS 4015 – Exercise Prog. for Special Populations  
ESMS 4603 – Advanced Methods of Strength Conditioning

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**Note:** All prerequisites must be successfully completed prior to entry in ESMS 4605.

ESMS 4605 – Internship in ESMS  
HLSC 4400 – Statistics for Health Sciences

#### SUMMER

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NUTR 2202 – Nutrition  
ESMS 2015 – Resistance & Aerobic Training Applications  
ESMS 3020 – Exercise & Sport Mechanics  
ESMS 3050 – Adv. Life Support for Ex. Cond. & Testing  
ESMS 3420 – Structural Kinesiology  
ESMS 3450 – Psychological Aspects of Exercise  
ESMS 3603 – Exercise Physiology I  
ESMS 3703 – Exercise Physiology II

#### SPRING

NUTR 2202 – Nutrition  
HMSE 2000 – Health/Sport Science Terminology  
ESMS 2004 – Introduction to Exercise, Sport & Movement Sciences  
ESMS 2015 – Resistance & Aerobic Training Applications  
ESMS 3020 – Exercise & Sport Mechanics  
ESMS 3050 – Adv. Life Support for Ex. Cond. & Testing  
ESMS 3420 – Structural Kinesiology  
ESMS 3450 – Psychological Aspects of Exercise  
ESMS 3603 – Exercise Physiology I  
ESMS 3703 – Exercise Physiology II  
ESMS 3803 – Motor Learning

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**Note:** All prerequisites must be successfully completed prior to entry in ESMS 4000, 4015, & 4603.

ESMS 4603 – Advanced Methods of Strength Conditioning

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**Note:** All prerequisites must be successfully completed prior to entry in ESMS 4605.

ESMS 4605 – Internship in ESMS

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**Note:** All prerequisites must be successfully completed prior to entry in ESMS 4000, 4015, & 4603. A maximum of two (2) of these courses may be taken simultaneously during a summer session.

ESMS 4000 – Ex. Test Techniques Lec. (1) & Lab (2)  
ESMS 4015 – Exercise Prog. for Special Populations  
ESMS 4603 – Advanced Methods of Strength Conditioning

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**Note:** All prerequisites must be successfully completed prior to entry in ESMS 4605.

ESMS 4605 – Internship in ESMS