

B.S. Degree in Health Studies

Exercise, Sport, & Movement Sciences Concentration (ESMS)

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

I. General Education Requirements (41 hours)	Grade	Sem/Yr
A. Communication (9 hours)		
ENGL 1010 (3) <i>(minimum grade of C- required)</i>		
ENGL 1020 (3) <i>(minimum grade of C- required)</i>		
COMM 2381 (3)		
B. Mathematics (3 hours)		
MATH 1420 (3); MATH 1530 (3); MATH 1710 (3); MATH 1730 (4); 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)		
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)		



College of Health Sciences

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B.S. DEGREE IN HEALTH STUDIES | EXERCISE, SPORT, & MOVEMENT SCIENCES CONCENTRATION (ESMS)

II. Major Core (17 hours)				Grade	Sem/Yr
DEPT	COURSE #	HRS	COURSE NAME		
BIOL	2010	3	Anatomy and Physiology I		
BIOL	2011	1	Anatomy and Physiology I Lab		
BIOL	2020	3	Anatomy and Physiology II		
BIOL	2021	1	Anatomy and Physiology II Lab		
ESMS	4605	6	Internship in ESMS		
NUTR	2202	3	Nutrition		

III. Exercise, Sport & Movement Sciences Concentration (43 hours)				Grade	Sem/Yr
DEPT	COURSE #	HRS	COURSE NAME		
HMSE	2000	2	Health/Sport Science Terminology		
ESMS	2004	2	Introduction to Exercise, Sport & Movement Sciences		
ESMS	2015	3	Resistance & Aerobic Training Applications		

Must pass BIOL 2010/2011/2020/2021, HMSE 2000, & ESMS 2004/2015 with minimum grade C- to register for upper division ESMS courses

ESMS	3020	3	Ex. & Sport Mechanics		
ESMS	3021	1	Ex. & Sport Mechanics Lab		
ESMS	3050	3	Emergency Medical Response		
ESMS	3420	4	Structural Kinesiology		
ESMS	3450	3	Psychological Aspects of Exercise		
ESMS	3603	3	Exercise Physiology I		
ESMS	3703	3	Exercise Physiology II		
ESMS	3713	1	Exercise Physiology Lab		
ESMS	3803	3	Motor Learning		
ESMS	4000	3	Ex. Test Techniques Lec. (1) & Lab (2)		
ESMS	4015	3	Exercise Prog. For Special Populations		
ESMS	4603	3	Advanced Methods of Strength Conditioning		
HLSC	4400	3	Statistics for Health Sciences		

IV. Electives (19 hours)				Grade	Sem/Yr
DEPT	COURSE #	HRS	COURSE NAME		

File Intent to Graduate, see advisor for deadline dates.

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