



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 3410 – Anatomical Kinesiology I
ESMS 3415 – Anatomical Kinesiology II
ESMS 3603 – Exercise Physiology I
ESMS 3703 – Exercise Physiology II
ESMS 3803 – Motor Learning

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

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

NUTR 2202 – Nutrition
ESMS 2015 – Resistance & Aerobic Training Applications
ESMS 3020 – Exercise & Sport Mechanics
ESMS 3050 – Adv. Life Support for Ex. Cond. & Testing
ESMS 3410 – Anatomical Kinesiology I
ESMS 3415 – Anatomical Kinesiology II
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 3410 – Anatomical Kinesiology I
ESMS 3415 – Anatomical Kinesiology II
ESMS 3450 – Psychological Aspects of Exercise
ESMS 3603 – Exercise Physiology I
ESMS 3703 – Exercise Physiology II
ESMS 3803 – Motor Learning

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

ESMS 4603 – Advanced Methods of Strength Conditioning

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

ESMS 4605 – Internship in ESMS

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

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

ESMS 4605 – Internship in ESMS