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) (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 (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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II. Major Core (17 hours)					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		

All major core and ESMS concentration courses must be successfully (>C-) completed to be eligible for internship.

A total of 9 elective or general education credit hours may be taken in conjunction with the internship.

Hours beyond 9 may be attempted only with unit coordinator approval.

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III. Exercise	, Sport & Mo	vemer	nt Sciences Concentration (43 hours) G	rade	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)						
DEPT	COURSE #	HRS	COURSE NAME			
	DEPT HMSE ESMS ESMS ESMS ESMS ESMS ESMS ESMS	COURSE # COURSE # HMSE 2000 ESMS 2004 ESMS 2015 ESMS 3020 ESMS 3021 ESMS 3050 ESMS 3420 ESMS 3420 ESMS 3450 ESMS 3603 ESMS 3703 ESMS	DEPT COURSE # HRS	Hours beyond 9 may be attempted only with unit coordinator approval. III. Exercise, Sport & Movement Sciences Concentration (43 hours) 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 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	Hours beyond 9 may be attempted only with unit coordinator approval. Course	