

# EXERCISE AND SPORT SCIENCE 4-YEAR COURSE SAMPLE

## FRESHMAN LEVEL

### SEMESTER 1

BIO 100	Life Systems	3
COM 115	Essentials–Internal Personal Comm	1.5
ENG 106	Argumentative and Research Writing	3
ESS 200	Professional Development I	1
GEN 101	First-Year Seminar	3
MAT 114	Algebra and Trigonometry	4

**Credit hours 15.5**

### SEMESTER 2

CHE 103	General, Organic and Biochemistry with Lab	5
PHI 105	Introduction to Ethical Reasoning	1.5
THE 101	Introduction to Christian Theology Theme course(s)	3 6

**Credit hours 15.5**

## JUNIOR LEVEL

### SEMESTER 1

ESS 230	Health, Exercise, and Sport Assessment	3
ESS 325	Sociology of Sport	3
ESS 330	Prevention, Care, and Treatment of Athletic Injuries	3
ESS 321	Exercise Prescription	3
PHS 201	General Physic I	4

**Credit hours 16**

### SEMESTER 2

ESS 300	Professional Development II	1
ESS 340	Exercise Physiology	3
ESS 345	Biomechanics	3
ESS 4XX	Upper Level Elective	3
ESS 4XX	Upper Level Elective Theme course(s)	3 1.5

**Credit hours 14.5**

## SOPHOMORE LEVEL

### SEMESTER 1

BIO 201	Anatomy and Physiology I	4
ESS 205	Health, Safety, and First Aid	2
ESS 250	Research Methods Theme course(s)	3 6

**Credit hours 15**

### SEMESTER 2

BIO 202	Anatomy and Physiology II	4
ALH 220	Medical Terminology	2
ESS 225	Introduction to Nutrition and Metabolism	2
PHI 220	Bioethics Theme course(s)	3 4.5

**Credit hours 15.5**

## SENIOR LEVEL

### SEMESTER 1

ESS 4XX	Upper Level Elective	3
ESS 4XX	Upper Level Elective Elective(s)	3 9

**Credit hours 15**

### SEMESTER 2

ESS 4XX	Upper Level Elective	3
ESS 497	ESS Practicum Elective(s)	3 7

**Credit hours 13**