

EXERCISE AND SPORT SCIENCE 4-YEAR COURSE SAMPLE

FRESHMAN LEVEL

SEMESTER 1

BIO 100	Life Systems	3
COM 115	Essentials–Internal Personal Comm	1½
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 15½

SEMESTER 2

CHE 103	General, Organic and Biochemistry with Lab	5
PHI 105	Introduction to Ethical Reasoning	1½
THE 101	Introduction to Christian Theology	3
Gen Ed	Reasoning Course(s)	6

Credit hours 15½

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	3
Gen Ed	Reasoning Course(s)	1½

Credit hours 14½

SOPHOMORE LEVEL

SEMESTER 1

BIO 201	Anatomy and Physiology I	4
ESS 205	Health, Safety, and First Aid	2
ESS 250	Research Methods	3
Gen Ed	Reasoning Course(s)	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	3
Gen Ed	Reasoning Course(s)	4½

Credit hours 15½

SENIOR LEVEL

SEMESTER 1

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

Credit hours 15

SEMESTER 2

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

Credit hours 13