

**Bachelor of Arts with a Major in Exercise and Sport Science (ESS)
Standard ESS Major with Minor
Suggested 4-Year Course Sequence***

| <u>First Year</u> | <u>Sem. Hrs.</u> |
|-------------------|-----------------------------|
| ESS 181 | 3 |
| ESS 185 | 3 |
| ENG 102 | 3 (must meet prerequisites) |
| ESS 276** | 3 |
| MATH | 3 (must meet prerequisites) |
| General Education | <u>15</u> |
| | 30 |

Admission to Major - ESS

| <u>Third Semester</u> | <u>Sem. Hrs.</u> | <u>Fourth Semester</u> | <u>Sem. Hrs.</u> |
|-----------------------|------------------|------------------------|------------------|
| COTH 202 | 3 | ESS 275 | 3 |
| ESS 201 | 4 | General Education | 9 |
| Minor Coursework | 3 | Minor Coursework | <u>3</u> |
| General Education | <u>6</u> | | 15 |
| | 16 | | |

| <u>Fifth Semester</u> | <u>Sem. Hrs.</u> | <u>Sixth Semester</u> | <u>Sem. Hrs.</u> |
|-----------------------|------------------|-----------------------|------------------|
| General Education | 3 | ESS 280 | 3 |
| ESS 320 | 3 | Minor Coursework | 6 |
| ESS Elective (Upper) | 3 | Elective (Upper) | 3 |
| Minor Coursework | <u>6</u> | ESS Elective (Upper) | <u>3</u> |
| | 15 | | 15 |

| <u>Seventh Semester</u> | <u>Sem. Hrs.</u> | <u>Eighth Semester</u> | <u>Sem. Hrs.</u> |
|-------------------------|------------------|------------------------|------------------|
| ESS Electives (Upper) | 3 | Electives (Upper) | 12 |
| ESS 490 | 3 | ESS 495 | <u>3</u> |
| Electives | 4 | | 15 |
| ESS 330 | 3 | | |
| ESS 331 | <u>1</u> | | |
| | 14 | | |

*This sequence is only a suggestion

**Can be fulfilled by taking a First Aid/CPR Course

Total Hours Required to Graduate = 120
Total Hours Required for Major = 38
Total Upper Division Hours Required = 40
Minimum Hours Required for Minor = 18