

**Bachelor of Arts with a Major in Exercise and Sport Science
Exercise Science – Health Fitness Track
Suggested 4-Year Course Sequence****

First Year	Sem. Hrs.
ESS 181	3
ESS 185	3
ESS 276	3
ENG 102	3 (must meet prerequisites)
MATH	3 (must meet prerequisites)
General Education	15
	30

**Admission to Major (Exercise and Sport Science)
First Aid and CPR Competency (to be maintained throughout program)**

Third Semester	Sem. Hrs	Fourth Semester	Sem. Hrs
ESS 275	3	ESS 201	4
COTH 202	3	Electives	6
General Education	6	General Education	<u>6</u>
Electives	<u>3</u>		16
	15		

Fifth Semester	Sem. Hrs.	Sixth Semester	Sem. Hrs.
ESS 385	3	ESS 280	3
ESS 298	1	ESS 405	1
ESS 320	3	ESS 340/355	3
ESS 360 or BIOL 300	3	ESS 363	3
ESS 330/331	<u>4</u>	ESS 298	1
	14	Elective	<u>3</u>
			14

Seventh Semester	Sem. Hrs.	Eighth Semester	Sem. Hrs.
ESS 490	3	ESS 410	3
ESS 340/355	3	ESS 365	3
ESS 363	3	Electives	4
ESS 450	3	ESS 382	3
ESS 370	<u>3</u>	ESS 495**	<u>3</u>
	15		16

*This sequence is only a suggestion

**Prerequisite for an internship

Total Hours Required to Graduate = 120

Minimum Hours Required for Major = 59

Total Upper Division Hours Required = 40