

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

First Year	Sem. Hrs.
ESS 181	3
ENG 102	3 (must meet prerequisites)
ESS 185	3
BIOL 150	4
CHEM 111-114	8 (must meet prerequisites for CHEM 111)
MATH 140	3 (must meet prerequisites)
General Education	<u>6</u>
	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 276	3	BIOL 373	4
PHYS 140 (or spring)	4	COTH 202	3
BIOL 372	4	ESS 275	3
General Education	<u>3</u>	General Education	<u>6</u>
	16		14

Fifth Semester	Sem. Hrs.	Sixth Semester	Sem. Hrs.
ESS 330	3	ESS 280	3
ESS 331	1	Electives	9
ESS 320	3	Upper Division PSY	<u>3</u>
ESS 360 or BIOL 300	3		15
General Ed/Electives	<u>6</u>		
	16		

Seventh Semester	Sem. Hrs.	Eighth Semester	Sem. Hrs.
ESS 490	3	ESS 410	3
ESS 370	3	ESS 430	3
Upper Division Electives	<u>9</u>	ESS 495**	3
	15	Upper Division Electives	<u>5</u>
			14

*This sequence is only a suggestion

**Prerequisite for an internship

Total Hours Required to Graduate = 120

Minimum Hours Required for Major = 67

Total Upper Division Hours Required = 40