

LAST NAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

STUDENT ID NUMBER: \_\_\_\_\_

**2005-06**  
**EXERCISE AND SPORT SCIENCE**  
**COMPREHENSIVE MAJOR**  
**EXERCISE SCIENCE EMPHASIS**  
**(MINIMUM 52 CREDITS)**

**INSTRUCTIONS:**

- Use this form for tracking progress in your Major Program area. (There is a separate form for tracking your progress with the General Education Requirements.)
- A DEGREE AUDIT IS REQUIRED. Your advisor must send completed copies of the Major Program Evaluation Form and the General Education Evaluation Form to the Registrar's Office:
  - no earlier than the end of your junior year.
  - no later than mid-term of your second-to-last term. Not doing so within this time frame may delay your graduation.

*Reminder:* You must complete an Application for the BA in the Registrar's Office no later than the second week of the term you intend to graduate.

**I. STUDENT INFORMATION**

Name (Printed): \_\_\_\_\_  
 Student ID Number: \_\_\_\_\_  
 Anticipated Graduation (Term/Year): \_\_\_\_\_  
 Local Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Local Phone Number: \_\_\_\_\_  
 Date Form Given To Advisor: \_\_\_\_\_  
 Signature: \_\_\_\_\_

**II. ADVISOR INFORMATION**

Name (Printed): \_\_\_\_\_  
 Signature: \_\_\_\_\_

\*I have checked the requirements for the major against the student's transcript and verified all substitutions

**III. ADMISSION TO THE PROGRAM**

All students who wish to major in Exercise and Sport Science must be formally admitted to the program. For admission, a student must have:  
 1) completed ESS 181 and 185 with a minimum grade of C;  
 2) completed at least 12 hours of college credit;  
 3) submitted a letter of application and portfolio (guidelines available in Department).

DATE ACCEPTED INTO PROGRAM: \_\_\_\_\_

**IV. EXERCISE AND SPORT SCIENCE NUCLEUS (15 CR)**

NUMBER	TITLE	GRADE/CREDITS
ESS 181	Foundations of ESS	_____ / 3
ESS 185	Lifetime Wellness	_____ / 3
ESS 320	Psych. of Sport & Phys. Activity	_____ / 3
ESS 490	Sociology of Sport & Phys. Activ.	_____ / 3
ESS 495	Senior Seminar in ESS	_____ / 3
<b>SUB TOTAL</b>		<b>15</b>

**V. EXERCISE SCIENCE CORE COURSES (16 CR)**

ESS 275	Motor Development and Learning	_____ / 3
ESS 280	Biomechanics	_____ / 3
ESS 330	Exercise Physiology	_____ / 3
ESS 331	Exercise Physiology Lab	_____ / 1
ESS 410	Assessment & Exercise Prescription	_____ / 3
<b>SUB TOTAL</b>		<b>13</b>

Choose one of the following:

BIOL 300	Basic Nutrition	_____ / 3
ESS 360	Sport Nutrition & Supplementation	_____ / 3
<b>SUB TOTAL</b>		<b>3</b>
<b>MAJOR TOTAL</b>		<b>31</b>

**---NEXT CHOOSE A FOCUS TRACK---**

- CLINICAL       HEALTH FITNESS

**VI. CLINICAL TRACK (27-28 CR)**

NUMBER	TITLE	GRADE/CREDITS
BIOL 372	Human Anatomy & Phys. I (w/lab)	_____ / 4
BIOL 373	Human Anatomy & Phys. II (w/lab)	_____ / 4
CHEM 101	Intro/ Inorganic Chemistry	_____ / 3
CHEM 105	Intro/ Organic Chem. and Biochem.	_____ / 3
ESS 430	Topics in Clinical Exercise Phys.	_____ / 3
MATH 140	Algebraic Functions	_____ / 3
PHYS 140	Introductory Physics (w/lab)	_____ / 4
<b>SUB TOTAL</b>		<b>24</b>

(CONTINUED NEXT COLUMN)

Choose one of the following courses:

PSY 345	Biopsychology (w/ laboratory)	_____ / 4
PSY 369	Health Psychology	_____ / 3
PSY 468	Abnormal Psychology	_____ / 3
PSY 475	Clinical Psychology	_____ / 3
<b>MINIMUM SUB TOTAL</b>		<b>3</b>
<b>MINIMUM MAJOR TOTAL</b>		<b>58</b>

**VI. HEALTH FITNESS TRACK (21 - 22 CR)**

Note: Students must take ESS 298 twice with two different focus topics.

NUMBER	TITLE	GRADE/CREDITS
ESS 201	Essntls Human Anat.& Phys. w/Lab	_____ / 4
ESS 298	Topics In Fitness Instruction: Topic: _____	_____ / 1
ESS 298	Topics In Fitness Instruction: Topic: _____	_____ / 1
ESS 382	Sport and Fitness Facility Mgmt.	_____ / 3
ESS 385	Program Design for Phys. Activity	_____ / 3
ESS 405	Practicum in ESS	_____ / 1
ESS 450	Risk Mgmt. in Phys Activ Settings	_____ / 3
<b>SUB TOTAL</b>		<b>16</b>

At least 5 credits from the following

ESS 287	Care & Prevent. of Exercise Injury	_____ / 2
ESS 340	Mental Training: Peak Performance	_____ / 3
ESS 363	Adapted Physical Activity	_____ / 3
<b>MINIMUM SUB TOTAL</b>		<b>5</b>
<b>MINIMUM MAJOR TOTAL</b>		<b>52</b>

COMPLETION OF FIRST AID/EMERGENCY RESPONSE\*  
 (AMERICAN RED CROSS)

YES       NO

\*MAY BE FULFILLED WITH COMPLETION OF ESS 276

**VII. MINOR (MINIMUM 18 CREDITS) OPTIONAL**

List courses on the other side. Refer to catalog for requirements.  
 TITLE: \_\_\_\_\_

40 Upper-Division Credits Required (Min.)  
 (300- and 400-Level Courses)  
**TOTAL** \_\_\_\_\_

120 Total Credits Required (Min.)  
**TOTAL** \_\_\_\_\_