

LAST NAME: _____

FIRST NAME: _____

STUDENT ID NUMBER: _____

2006-07
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 Graduation 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
SUB TOTAL		15

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
SUB TOTAL		13

Choose one of the following:

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

---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
SUB TOTAL		24

(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
MINIMUM SUB TOTAL		3
MINIMUM MAJOR TOTAL		58

VII. 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
SUB TOTAL		16

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
MINIMUM SUB TOTAL		5
MINIMUM MAJOR TOTAL		52

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

YES NO

*MAY BE FULFILLED WITH COMPLETION OF ESS 276

VIII. 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 _____