

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

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

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

**2008-09  
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
<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>16</b>
<b>MAJOR TOTAL</b>		<b>31</b>

Choose one of the following:  
 BIOL 300 Basic Nutrition \_\_\_\_\_ / \_\_\_\_\_  
 ESS 360 Sport Nutrition & Supplementation \_\_\_\_\_ / \_\_\_\_\_

**---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	College Algebra	____ / 3
PHYS 140	Introductory Physics (w/lab)	____ / 4

(CONTINUED NEXT COLUMN)

Choose one of the following courses:

PSY 345	Biopsychology (w/ laboratory)	____ / _____
PSY 369	Health Psychology	____ / _____
PSY 468	Abnormal Psychology	____ / _____
PSY 475	Clinical Psychology	____ / _____
<b>MINIMUM SUB TOTAL</b>		<b>27</b>
<b>MINIMUM MAJOR TOTAL</b>		<b>58</b>

**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	Essentials of Human Anat & Phys	____ / 4
ESS 298	Topics In Fitness Instruction: Topic: _____	____ / 1
ESS 298	Topics In Fitness Instruction: Topic: _____	____ / 1
ESS 385	Program Design for Phys. Activity	____ / 3
ESS 405	Practicum in ESS	____ / 1
ESS 450	Risk Mgmt. in Phys Activ Settings	____ / 3

Choose one of the following:

ESS 382	Sport & Fitness Facility Mgmt.	____ / 3
OLRM 466	Facilities Management	____ / 3

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 21**  
**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** \_\_\_\_\_