

LAST NAME:

FIRST NAME:

STUDENT ID NUMBER:

**2009-10
EXERCISE AND SPORT SCIENCE
COMPREHENSIVE MAJOR
EXERCISE SCIENCE EMPHASIS
(MINIMUM 52 CREDITS)**

INSTRUCTIONS:

1. 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.)
2. 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
<i>Choose one of the following:</i>		
BIOL 300	Basic Nutrition	/
ESS 360	Sport Nutrition & Supplementation	/
SUB TOTAL		16

MAJOR TOTAL 31

---NEXT CHOOSE A FOCUS TRACK---

- CLINICAL HEALTH FITNESS

VI. CLINICAL TRACK (33)

NUMBER	TITLE	GRADE/CREDITS
BIOL 150	Biological Principles (w/ lab)	/ 4
BIOL 372	Human Anatomy & Phys. I (w/lab)	/ 4
BIOL 373	Human Anatomy & Phys. II (w/lab)	/ 4
CHEM 111	General Chemistry I	/ 3
CHEM 112	General Chemistry Laboratory	/ 1
CHEM 113	General Chemistry II	/ 3
CHEM 114	General Chemistry Laboratory II	/ 1
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 368	Abnormal Psychology	/
PSY 475	Clinical Psychology	/

MINIMUM SUB TOTAL 33

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	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 _____