

LAST NAME:

FIRST NAME:

STUDENT ID NUMBER:

**2009-10
EXERCISE AND SPORT SCIENCE
MAJOR
EXERCISE AND SPORT SCIENCE EMPHASIS
(MINIMUM 38 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:

- completed ESS 181 and 185 with a minimum grade of C;
- completed at least 12 hours of college credit;
- submitted a letter of application and portfolio (guidelines available in Department.)

DATE ACCEPTED INTO PROGRAM: _____

IV. MAJOR COURSES (38 CR)

NUMBER	TITLE	GRADE/CREDITS
ESS 181	Foundations of ESS	/ 3
ESS 185	Lifetime Wellness	/ 3
ESS 201	Essntls Human Anat. &Phys. w/Lab	/ 4
ESS 275	Motor Development & Learning	/ 3
ESS 280	Biomechanics	/ 3
ESS 320	Psych of Sport & Phys. Activity	/ 3
ESS 330	Exercise Physiology	/ 3
ESS 331	Exercise Physiology Lab	/ 1
ESS 490	Sociology of Sport & Phys. Activ.	/ 3
ESS 495	Senior Seminar in ESS	/ 3

Select 2 credits of activity (Lifetime) courses:

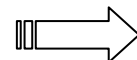
_____	_____	/
_____	_____	/

Select 7 credits of ESS electives. All 7 credits must be 200-level or above and at least 2 of these credits must be 300-level or above (upper division):

_____	_____	/
_____	_____	/
_____	_____	/
_____	_____	/

MAJOR TOTAL 38

NOTE: A MINOR OR SECOND MAJOR IS REQUIRED WITH THIS PROGRAM OF STUDY. SEE NEXT COLUMN.



V. MINOR (REQUIRED) MINIMUM 18 CR

TITLE: _____

NUMBER	TITLE	GRADE/CREDITS
_____	_____	/
_____	_____	/
_____	_____	/
_____	_____	/
_____	_____	/
_____	_____	/
_____	_____	/
_____	_____	/
_____	_____	/

MINOR TOTAL _____

VI. SECOND MAJOR (OPTIONAL) MIN. 30 CR

(See other Major Program Evaluation Form)

TITLE: _____

VII. SECOND MINOR (OPTIONAL) MIN. 18 CR

List courses on reverse side of form

TITLE: _____

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

YES NO

*MAY BE FULFILLED WITH COMPLETION OF ESS 276

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

120 Total Credits Required (Min.)
TOTAL _____