

EXERCISE AND SPORT SCIENCES MAJORS

Bachelor of Science in Exercise and Sport Sciences

The ESS major requires a minimum of 53 credit hours (14 courses). Students will choose one of two tracks: health and fitness or sport medicine. A five-course Core is common to both tracks, plus a minimum of six emphasis courses. Each track offers some flexibility for students to develop an individual plan of study with the guidance of their academic advisors. It is strongly recommended that ESS majors with a health/fitness track specialization take an in-field certification test in the spring semester of their senior year. Appropriate certifications include, but are not limited to, the CSCS certification from the National Strength & Conditioning Association, the health / fitness instructor certification from ACSM and the personal trainer certification from NASM.

ESS Core Requirements

Code	Title	Credits
SPST 120	Introduction to Exercise and Sport Sciences	4
SPST 241	Motor Learning	4
SPST 246	Biomechanics of Sport and Exercise	4
SPST 311	Sport and Exercise Physiology	4
SPST 340	Psychology of Sport & Exercise ¹	4
Total Credits		20

Additional Requirements for the ESS Health/Fitness Track

Code	Title	Credits
BIOL 203	Intro Biol:Molecules and Cells	4
BIOL 341	Human Anatomy and Physiology I ¹	4
BIOL 342	Human Anatomy and Physiology II ¹	4
SPST 291	Internship Seminar	1
SPST 314	Perspectives in Sport and Exercise Nutrition	4
SPST 343	Measurement and Evaluation in Sport & Exercise	4
SPST 455	Science of Strength and Conditioning ³	4
Select four credits of health/fitness skill-based courses, for example:		4
SPST 112/ THEA 101	Modern Dance I (THEA 101)	
SPST 142	First Aid	
PHYE 100	Elective Activities	
SPST 485 or SPST 445	Experiential Learning Research Methods in Sport Studies	4
Total Credits		33

¹ A grade of C- or better is required in these biology courses, which are prerequisites for SPST 246 Biomechanics of Sport and Exercise and SPST 311 Sport and Exercise Physiology.

² SPST 211 Health and Wellness Promotion is a prerequisite for SPST 314 Perspectives in Sport and Exercise Nutrition.

³ It is strongly recommended that ESS majors with a health/fitness track specialization take an in-field certification test in the spring semester of their senior year. Appropriate certifications include, but are not limited to, the CSCS certification from the National Strength & Conditioning

Association, the health / fitness instructor certification from ACSM and the personal trainer certification from NASM.

Total credit hours required for B.S. degree in exercise and sport sciences, health/fitness track is 53 credits

Additional Requirements for ESS Sports Medicine Track

Code	Title	Credits
BIOL 203	Intro Biol:Molecules and Cells	4
BIOL 341	Human Anatomy and Physiology I ¹	4
BIOL 342	Human Anatomy and Physiology II ¹	4
SPST 245	Emergency Procedures in Sports Medicine	4
SPST 291	Internship Seminar	1
SPST 373	Therapeutic Modalities and Rehabilitation with Lab	4
SPST 343 or SPST 445	Measurement and Evaluation in Sport & Exercise Research Methods in Sport Studies	4
SPST 474	Physical Examination and Assessment with Lab	4
SPST 485	Experiential Learning	4
Total Credits		33

¹ A grade of C- or better is required in these biology courses, which are prerequisites for SPST 246 Biomechanics of Sport and Exercise and SPST 311 Sport and Exercise Physiology.

² Prerequisites for this course include SPST 246 Biomechanics of Sport and Exercise and SPST 311 Sport and Exercise Physiology. A grade of C- or better is required in all prerequisite courses.

Total credit hours required for B.S. degree in exercise and sport sciences, sports medicine track is 53 credits