



Bachelor of Science Degree in Exercise Science

Degree Completion Plan (Total Credits Required for the Degree-120)

Introduction: The Exercise Science and Fitness Management program of study has two professional concentrations: fitness and pre-professional programs. The fitness concentration serves to prepare the student for a career in a variety of corporate fitness and wellness settings. The Pre-professional concentration serves as a preparatory program for graduate programs in Physical or Occupational Therapy, Medicine or Physician Assistant and Law programs.

GENERAL EDUCATION REQUIREMENTS (42 Hrs)

<u>Course</u>	<u>Hrs</u>	<u>Sem</u>	<u>Grade</u>
<u>Communication (6 Hours)</u>			
ENGL 1301	3	___	___
Choose one: (COMM 1315, 1321 DSDE 1371 FREN 1311, SPAN 1311)	3	___	___
<u>Creative Arts (3 hours)</u>			
Choose one: (ARTS 1301, 1303 COMM 1375 MUSI 1306, PHIL 1330)	3	___	___
<u>History (6 hours) Choose 2 of 3</u>			
_____ HIST 1301 US History 1763 - 1877	3	___	___
_____ HIST 1302 US History Since 1877	3	___	___
_____ HIST 2301 Texas History	3	___	___
<u>Gov/Political Science (6 hours)</u>			
POLS 2301	3	___	___
POLS 2302	3	___	___
<u>Life/Physical Science (6 hours)</u>			
BIOL 2401	3	___	___
BIOL 2402	3	___	___
<u>Mathematics (3 hours)</u>			
Choose one: (MATH 1314, 1414, 1316, 1325)	3	___	___
<u>Language, Philosophy & Culture (3 hours)</u>			
Choose one (ENGL 2300, 2301, 2320, 2322 2326, 2331 2371, 2376 PHIL 1370, 2306)	3	___	___
<u>Social and Behaviors Sciences (3 hours)</u>			
Choose one (ECON 1301, 2301, 2302 BULW1370, PSYC 2301, SOCI 1301)	3	___	___
<u>Track 2</u>			
ENGL 1302	3	___	___
<u>Choose one of the following</u>			
MATH 1342	3	___	___
PSYC 2317			

ESEFM MAJOR (Core 66 Hrs)

<u>Course</u>	<u>Hrs</u>	<u>Sem</u>	<u>Grade</u>
BIOL 2401 Lab	1	___	___
BIOL 2402 Lab	1	___	___
KINT 1301 Intro. to Kinesiology	3	___	___
KINT 2371 Func. Anatomy/Phys	3	___	___
KINT 2378 App. Fitness Concepts	3	___	___
NUTR 1322 Nutrition and Diet	3	___	___
HLTH 1370 Health and Wellness	3	___	___
KINT 3315 Biomechanics	3	___	___
KINT 3318 Research Methods	3	___	___
KINT 3324 Met. Eff. of Spt. & Ex.	3	___	___
KINT 3330 Exercise Physiology	3	___	___
KINT 3130 Exe. Physiology Lab	1	___	___
HLTH 3360 Epidemiology	3	___	___
KINT 3380 Test. Proc. & Meas. ..	3	___	___
KINT 4315 Electrocardiography	3	___	___
KINT 4323 Practicum	3	___	___
KINT 4350 Exercise Prescription	3	___	___
KINT 4355 Fitness for Special Pop.	3	___	___
KINT 4630 Preceptorship	6	___	___
<u>Pre-Professional Track (6 Hrs)</u>			
KINT 3342 Cardiopulmonary Phys.	3	___	___
KINT 4318 Neuromuscular Phys.	3	___	___
or			
<u>Fitness Track (6 Hrs)</u>			
KINT 3310 Wellness Strategies	3	___	___
KINT 3322 Strength and Cond.	3	___	___
<u>Electives (6 hours)</u>			
	3	___	___
	3	___	___
<u>Emphasis Area (12 Hrs)</u>			
	3	___	___
	3	___	___
	3	___	___
	3	___	___