

# B.S. Degree in Health Studies

## Exercise, Sport, & Movement Sciences Concentration (ESMS)

Name:	SID#:
Advisor:	Semester/Year Admitted:

I. General Education Requirements (41 hours)	Grade	Sem/Yr
<b>A. Communication (9 hours)</b>		
ENGL 1010 (3) ( <i>minimum grade of C- required</i> )		
ENGL 1020 (3) ( <i>minimum grade of C- required</i> )		
COMM 2381 (3)		
<b>B. Mathematics (3 hours)</b>		
MATH 1420 (3); MATH 1530 (3); MATH 1710 (3); MATH 1730 (4); MATH 1830 (3); MATH 1910 (4); MATH 2000 (3)		
<b>C. Literature (3 hours) (select one)</b>		
ENGL 2201 (3) or ENGL 2202 (3)		
<b>D. Humanities (6 hours) (select any two)</b>		
ART 1030 (3); ARTH 2010 (3); ARTH 2020 (3); CLAS 2481 (3); COMM 1851 (3); DANC 1151 (3); MUS 1030 (3); MUS 1040 (3); PHIL 1101 (3); PHIL 1102 (3); POLS 1101 (3); POLS 1102 (3); THEA 1030 (3); JDST 2850 (3); UNIV 3580 (3); UNIV 3581 (3); RLGN 1100 (3)		
<b>E. History (6 hours - select any two)</b>		
ANTH 3282 (3); HIST 1110 (3); HIST 1120 (3); HIST 2010 (3); HIST 2020 (3); HIST 2030 (3); HIST 3863 (3); HIST 4851 (3); HIST 3881 (3); POLS 4212 (3); POLS 4405 (3); SOCI 3422 (3)		
<b>F. Social and Behavioral Science (6 hours - select any two)</b>		
ANTH 1100 (3); ANTH 1200 (3); ECON 2010 (3); ECON 2020 (3); ESCI 1301 (3); ESCI 1401 (3); JOUR 1700 (3); POLS 1030 (3); POLS 1301 (3); POLS 1501 (3); PSYC 1030 (3); PSYC 3510 (3); SOCI 1010 (3); SOCI 2100 (3); SOCI/CSSED 2101 (3); UNIV 2304 (3); HLSC 2100 (3)		
<b>G. Natural Science (8 hours; 4 hour lecture/laboratory)</b>		
BIOL 1010/1011 (4); BIOL 1020/1021 (4); BIOL 1110/1111 (4); BIOL 1120/1121 (4); CHEM 1010/1011 (4); CHEM 1020/1021 (4); CHEM 1110/1111 (4); CHEM 1120/1121 (4); PHYS 1010/1001 (4); PHYS 1020/1002 (4); PHYS 2110/2111 (4); PHYS 2120/2121 (4)		



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II. Major Core (17 hours)				Grade	Sem/Yr
DEPT	COURSE #	HRS	COURSE NAME		
BIOL	2010	3	Anatomy and Physiology I		
BIOL	2011	1	Anatomy and Physiology I Lab		
BIOL	2020	3	Anatomy and Physiology II		
BIOL	2021	1	Anatomy and Physiology II Lab		
*ESMS	4605	6	Internship in ESMS		
NUTR	2202	3	Nutrition		

\* - All major core and ESMS concentration courses must be successfully ( $\geq$ C-) completed to be eligible for internship.  
 - A total of 9 elective or general education credit hours may be taken in conjunction with the internship.  
 - Hours beyond 9 may be attempted only with unit coordinator approval.

III. Exercise, Sport & Movement Sciences Concentration (44 hours)				Grade	Sem/Yr
DEPT	COURSE #	HRS	COURSE NAME		
HMSE	2000	2	Health/Sport Science Terminology		
ESMS	2004	3	Introduction to Exercise, Sport & Movement Sciences		
ESMS	2015	3	Resistance & Aerobic Training Applications		

**NOTES:**  
 All ESMS students must pass BIOL 2010/2011/2020/2021, HMSE 2000, & ESMS 2004/2015 with a minimum grade of C- before registering for 3000-level ESMS courses.  
 Transfer students who have completed an associate's degree may take ESMS 2015 as a co-requisite for 3000-level ESMS courses during their first semester in the program.

ESMS	3020	3	Ex. & Sport Mechanics		
ESMS	3021	1	Ex. & Sport Mechanics Lab		
ESMS	3050	3	Emergency Medical Response		
ESMS	3420	4	Structural Kinesiology		
ESMS	3450	3	Psychological Aspects of Exercise		
ESMS	3603	3	Exercise Physiology: Neuromuscular & Metabolism		
ESMS	3703	3	Exercise Physiology: Cardiorespiratory		
ESMS	3713	1	Exercise Physiology Lab		
ESMS	3803	3	Motor Learning		

**NOTE:**  
 All ESMS students must pass 3000-level ESMS courses with a minimum grade of C- before registering for 4000-level ESMS courses.

ESMS	4000	3	Ex. Test Techniques Lec. (1) & Lab (2)		
ESMS	4015	3	Exercise Prog. For Special Populations		
ESMS	4603	3	Advanced Methods of Strength Conditioning		
HLSC	4400	3	Statistics for Health Sciences		

IV. Electives (18 hours)					
DEPT	COURSE #	HRS	COURSE NAME		
ESMS	3900	3	Cooperative Education I		
ESMS	4900	3	Cooperative Education II		
HMSE	4007	3	Professional Development in Health Studies		