



Health and Exercise Science – Sports Performance/Active Aging Major – Bachelor of Science

<u>FIRST YEAR-SEMESTER #1</u>	<u>FIRST YEAR- SEMESTER #2</u>	<u>UNIVERSITY CORE</u>
BIO 197 Human A&P I 4	BIO 198 Human A&P II 4	COMMON GOOD
BIO 197A Human A&P I Lab 0	BIO 198A Human A&P II Lab 0	CORE 115 Common Ground Code COR
HES 120 Int. Health & Sci Ex I 3	HES 125 Int. Health & Sci Ex II 3	Justice & the Common Good Code JCG
SOC 103 Our Social World 3	PSY 103 Intro to Psychology 3	Ethics Code CE
CORE 115 Common Ground 3	COM 100/ENG 101 3	Experiential Learning Code EXP
COM 100/ENG 101 3	CORE requirement 3	Core Capstone Code CCP
		HUMANITIES
		Speech (COM 100) Code C
		Writing (ENG 101) Code C
		Literature (ENG) Code CL
		Art or Music Code CAM
		History Code CH
		Religious Studies Code CR
		Philosophy Code CP
		SCIENCES
		Biology/Chemistry/Physics + Lab Code CN
		Mathematics Code CMA
		SOC 103 Our Social World Code CS
		Choose one discipline:
		ECO 212 Microeconomics Code CEP
		PSY 103 Psychology Code CEP
		NOTES
		^Prerequisites:
		Chemistry- College preparatory high school chemistry or the successful completion of a placement test.
		Math- Three years of college preparatory high school mathematics including functions.
		120 credit hours minimum needed to graduate
		Curriculum Guide does not replace required advisement by a faculty member within the HES program
<u>SECOND YEAR-SEMESTER #1</u>	<u>SECOND YEAR-SEMESTER #2</u>	
CHE 111 General Chemistry I 3	ESC 202 Lifespan Motor Develop 3	
CHE 111A General Chem I Lab 1	ACT 260 Group Exercise 2	
CHE 111R Gen. Chem I Recitation 0	HES 226 Human Nutrition 3	
CED 220 Found of Professionalism 1	BIO 212 Musculoskeletal Review 2	
MTH 174 Statistics 3	ESC 201 Function Kines & Assess 2	
CORE requirement 3	ESC 201A Function Kines Lab 0	
CORE requirement 3	CORE requirement 3	
<u>THIRD YEAR-SEMESTER #1</u>	<u>THIRD YEAR-SEMESTER #2</u>	
ESC 336 Sports Nutrition 3	ESC 323 Prin. of Health Assess 4	
ESC 303 Exercise Physiology 4	ESC 323A Prin. of Health Lab 0	
ESC 303A Exercise Phys Lab 0	ESC 311 Biomechanical Analysis 3	
HES 332 Epidemiology of Phys 3	HES 327 Physiological Adapt 3	
CORE requirement 3	CORE requirement 3	
Elective 3	CORE requirement 3	
<u>FOURTH YEAR-SEMESTER #1</u>	<u>FOURTH YEAR-SEMESTER #2</u>	
ESC 422 Athletic Conditioning 4	CORE Capstone 3	
ESC 422A Athletic Condition Lab 0	ESC 475 Ex Pro for Spec Pops 3	
HES 430 Research Design 3	CORE requirement 3	
HES 452 Senior Seminar 1	Elective 3	
HES 394/396 Co-Op 1-3	Elective 3	
Elective 3		
Elective 3		