

Major: EXERCISE SCIENCE MAJOR

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| Student's Last Name | First Name | Middle Initial |
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| Advisor | Date Major Declared |
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| Course # | Title of Course | Hours Completed | Semester Completed | Grade |
|---|---|-----------------|--------------------|-------|
| Required Courses | | | | |
| HES 101 | Introduction to Exercise Science | 1 | | |
| BIO 114/115 | Biological Processes | 4 | | |
| BIO 124/125 | Biodiversity | 4 | | |
| BIO 302 | Human Anatomy* | 4 | | |
| BIO 420 | Physiology (BIO 302 or 322 prereq) | 4 | | |
| CHM 114/115 | Chemistry I | 4 | | |
| CHM 124/125 | Chemistry II | 4 | | |
| HES/PSY 231 | Sports Psychology | 3 | | |
| HES 232 | Care and Prevention of Athletic Injuries | 3 | | |
| HES 251 | Introduction to Nutrition | 3 | | |
| HES 321 | Kinesiology | 3 | | |
| HES 340 | Exercise Physiology | 3 | | |
| HES 342 | Exercise Prescription | 3 | | |
| | Capstone Research or Field Experience in Exercise | 3 | | |
| TOTAL HOURS FOR MAJOR | | 46 | | |
| Optional courses | | | | |
| HES 215 | Motor Learning | 3 | | |
| HES 350 | Theories of Adapted Physical Education | 3 | | |
| HES 406 | Management in PE & Athletics | 2 | | |
| *Students who need extra preparation for BIO 302 <i>Human Anatomy</i> are advised to take NSC 210 <i>Anatomy and Physiology I</i>. | | | | |

A grade of C- or better is required in ALL courses used to satisfy the major requirements.

If any substitutions or waivers of requirements are allowed, please list below and initial.

Advisor Signature: _____ Department Chair Signature: _____