

B.S.E.S. in Exercise Science

[Overview](#)

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Degree Requirements

The academic regulations for this degree program, as entered in the University of Mississippi Catalog, are in effect for the current or selected academic year and semester. The University of Mississippi reserves the right to 1) change or withdraw courses; 2) change rules for registration, instruction, and graduation; and 3) change other regulations affecting the student body at any time.

General Education

REQUIREMENT	HOURS	DESCRIPTION
First Year Writing I	3	Complete Hon 101 , Writ 100 or Writ 101 with a passing grade.
First Year Writing II	3	Complete one of the following courses with a passing grade: Liba 102 , Writ 102 or Hon 102 .
Engl 250	3	Complete Engl 250 with a passing grade.
Psy 201	3	Complete Psy 201 with a passing grade.
Soc 101	3	Complete Soc 101 with a passing grade.
3 hrs statistics course	3	Successfully complete a statistic course from the following list of courses: CJ 202 , Math 115 , Econ 230 , Bus 230 or Psy 202 .
3 hrs Arts Appreciation	3	Complete 3 hours in the area of fine or performing arts. Choose from art history, music, dance, and theatre arts. Studio and workshop courses cannot be used to satisfy this requirement. Acceptable freshman or sophomore-level courses are: AH 101 , AH 102 , AH 201 , AH 202 ; Music 101, Music 102, Music 103, Music 104, Music 105; Dance 200; and Theatre 201.
3 hrs literature 200+	3	Complete 3 hours of literature at the 200 level or higher with a passing grade.

General Education II

REQUIREMENT	HOURS	DESCRIPTION
Bisc 206 - C min	4	Complete Bisc 206 with a grade of C or better.
Bisc 207 C- min	4	Complete Bisc 207 with a grade of C- or better.
Chem 101/103/105 & lab	4	Successfully complete either Chem 103/113 or Chem 105/115 or Chem 101 .
Phys 211/221 or Phys 213/223 C- min	4	Complete Phys 211/221 or Phys 213/223 with a grade of C- or better.
Spch 102 or 105	3	Complete Spch 102 or Spch 105 with a passing grade.
Math (121 & 123) or 125 or 261	6	Exercise Science majors must take (Math 121 and Math 123) or Math 125 or Math 261 to fulfill this requirement.
Add'l 3 hrs humanities or fine arts	3	Successfully complete 3 credit hours in humanities chosen from the following areas: African American Studies, classical civilization, gender studies, philosophy, modern or ancient languages, religion, or southern studies. Or, successfully complete 3 credit hours in the area of fine arts chosen from the following areas: art history, music, dance, and theatre arts. Studio and workshop courses cannot be used to satisfy this requirement.
History 6 hrs	6	Complete 6 hours of History coursework with a passing grade.
General electives	26	Complete at least 26 hours of general elective credit hours to complete program requirements of 124 hours.

Major Requirements

REQUIREMENT	HOURS	DESCRIPTION
ES 100	1	Complete ES 100 with a passing grade.
ES 338 C- min	3	Complete ES 338 with a grade of C- or better.
ES 346 - C min	3	Complete ES 346 with a grade of C or better.
ES 348 C- min	3	Complete ES 348 with a grade of C- or better.
ES 349 C- min	1	Complete ES 349 with a grade of C- or better.
ES 391	3	Complete ES 391 with a passing grade.
ES 440	3	Complete ES 440 with a passing grade.

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.



REQUIREMENT	HOURS	DESCRIPTION
ES 446	3	Complete ES 446 with a passing grade.
ES 447	1	Complete ES 447 with a passing grade.
ES 456	3	Complete ES 456 with a passing grade.
ES 457	1	Complete ES 457 with a passing grade.
ES 473 or 493	3	Complete one of the following courses: ES 473 or ES 493 with a passing grade.
HP 191	3	Complete HP 191 with a passing grade.
PH 203	3	Complete PH 203 with a passing grade.
Professional electives 9 hrs	9	Complete 3 of the following: -ES 402 -ES 394 -NHM 311 -HP 303 -ES 490 -ES 471/Mgmt 371/PRM 471 -ES 344 -ES 396 -HP 312
Overall Major GPA		Please contact your academic advisor for grade point requirements.

