

# B.S.E.S. in Exercise Science

[Overview](#)[Degree Requirements](#)

## Description

The B.S.E.S. degree program is designed for students entering allied health and fitness professions. With the degree, careers as health and fitness directors within private, municipal, corporate, and hospital- based fitness and health promotion centers are available. Students completing the B.S. degree often continue their education in exercise science, physical therapy, cardiac rehabilitation, and other health- related graduate programs.

## Minimum Total Credit Hours: 124

## General Education Requirements

See the General Education Core Curriculum for the School of Applied Sciences. Students in this major must take either Math 121 and Math 123 (6 hours) or Math 125 (3 hours) or Math 261 (3 hours) to fulfill the core curriculum requirement of "Math 121: College Algebra or more advanced." ES majors must take Bisc 206 (a minimum grade of C- is required) and Chem 103 or Chem 105/115 to satisfy the core curriculum science requirement.

The B.S.E.S. degree requires an additional 30 hours in the following related subjects: Writ 250; history (6 hours); Bisc 102/103 or Bisc 160/161; Bisc 207 (a minimum grade of C- is required); Phys 211/221 (a minimum grade of C- is required) or 213/223 (a minimum grade of C- is required); Spch 102 or 105; HP 191; and HP 203.

## Course Requirements

The B.S.E.S. degree requires 43 semester hours of professional courses:

- 34-hour ES core: ES 100, 338, 346, 347, 348, 349, 350, 351, 391, 440, 446, 456, 457, 473 or 493.
- 9 hours of professional electives: Selected from ES 402, ES 394, NHM 311, HP 303, ES 490, ES 471/GB 370/SRA 471, ES 344, ES 396 or HP 312.

## Other Academic Requirements

Majors must achieve a 2.5 GPA in the 34-hour ES core.

## Specializations

- [Emphasis - Human Performance](#)
- [Emphasis - Integrative](#)
- [Emphasis - Sports Medicine & Rehab](#)

