Emphasis - Human Performance

- B.S.E.S. in Exercise Science
- Emphasis - Human Performance
- Degree Requirements

B.S.E.S. in Exercise Science

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: 120

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) or Bisc 310 (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 (can be substituted with Writ 300, Writ 310, Writ 320, or Writ 380); history (6 hours); Bisc 102/103 or Bisc 160/161; Bisc 207 or Bisc 330 (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); and Spch 102 or 105.

Course Requirements

The B.S.E.S. degree requires 30 semester hours of professional courses: 15-hour ES core: ES 338, ES 346 & 347, ES 348 & 349, ES 358 & 359 and an additional 15 hours from one of three emphasis areas: Sports Medicine and Rehabilitation (AT 501, ES 396, ES 458, ES 393), Human Performance (ES 200, ES 402, ES 452, ES 393), or Integrative (choose 15 total hours of any combination of classes from either emphasis area).

Other Academic Requirements

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

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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.

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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.
3 hrs literature 200+	3	Complete 3 hours of literature at the 200 level or higher with a passing grade.
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 sophommore-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.
Soc 101	3	Complete Soc 101 with a passing grade.
Psy 201	3	Complete Psy 201 with a passing grade.

General Education II

REQUIREMENT	HOURS	DESCRIPTION
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.
Writ 250	3	Complete Writ 250 with a passing grade.
Spch 102 or 105	3	Complete Spch 102 or Spch 105 with a passing grade.
History 6 hrs	6	Complete 6 hours of History coursework 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.

REQUIREMENT	HOURS	DESCRIPTION
3 hrs statistics course	3	Sucessfully complete a statistic course from the following list of courses: CJ 202, Math 115, Econ 230, Bus 230 or Psy 202.
Bisc 102/103 or 160/161	4	Complete Bisc 102/103 or Bisc 160/161 with a passinig grade.
Bisc 206 or Bisc 310 C- min	4	Complete Bisc 206 or Bisc 310 with a grade of C- or better.
Bisc 207 or Bisc 330 C- min	4	Complete Bisc 207 or Bisc 330 with a grade of C- or better.
Chem 103 or 105/115	3	Complete Chem 103 or Chem 105/115 with a passing grade.
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.

Major Requirements

REQUIREMENT	HOURS	DESCRIPTION
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 347 - C min	1	Complete ES 347 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 a grade of C- or better.
ES 358 C- min	3	Complete ES 358 with a grade of C- or better.
ES 359 C- min	1	Complete ES 359 with a grade of C- or better.
Overall Major GPA		Please contact your academic advisor for grade point requirements.

Emphasis - Human Performance

REQUIREMENT	HOURS	DESCRIPTION
15 hrs Human Performance	15	Complete 15 hrs with a grade of C- or better chosen from: ES 200, ES 402, ES 452, ES 393.