

## Emphasis - Human Performance

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### 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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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.

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

#### General Education

REQUIREMENT	HOURS	DESCRIPTION
First Year Writing I	3	Complete <a href="#">Hon 101</a> , <a href="#">Writ 100</a> or <a href="#">Writ 101</a> with a passing grade.
First Year Writing II	3	Complete one of the following courses with a passing grade: <a href="#">Liba 102</a> , <a href="#">Writ 102</a> or <a href="#">Hon 102</a> .
3 hrs <a href="#">Math 100+</a>	3	Successfully complete 3 hours of Math at the 100 level or above.
6 hrs Natural Science	6	Complete 6 hrs of natural science with labs, chosen from Astronomy, Biology, Chemistry (not <a href="#">Chem 101</a> ), Physics, Geology, and <a href="#">Liba 150</a> , <a href="#">151</a> , <a href="#">205</a> , 205L, 315, 315L
2 associated science labs	8	Successfully complete at least two science laboratory courses.
6 hrs humanities	6	Complete 6 hrs of humanities chosen from: <a href="#">AAS 201</a> , <a href="#">202</a> , Classics, English ( <a href="#">Eng 220-226</a> ), History, Philosophy, Religion, <a href="#">G St 201</a> , <a href="#">202</a> , <a href="#">S St 100</a> -level, <a href="#">Liba 202</a> , <a href="#">312</a> , <a href="#">305</a> , <a href="#">Hon 101</a> or <a href="#">102</a>
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: <a href="#">AH 101</a> , <a href="#">AH 102</a> , <a href="#">AH 201</a> , <a href="#">AH 202</a> ; Music 101, Music 102, Music 103, Music 104, Music 105; Dance 200; and Theatre 201.
6 hrs social or behavioral science	6	Complete 6 hrs of social or behavioral science chosen from: Anthropology Economics, Psychology, Political Science, Sociology, <a href="#">Liba 203</a> , <a href="#">313</a> , <a href="#">Hon 101</a> or <a href="#">102</a>

#### General Education II

REQUIREMENT	HOURS	DESCRIPTION
<a href="#">Writ 250</a>	3	Complete <a href="#">Writ 250</a> with a passing grade.
<a href="#">Spch 102</a> or <a href="#">105</a>	3	Complete <a href="#">Spch 102</a> or <a href="#">Spch 105</a> with a passing grade.
History 6 hrs	6	Complete 6 hours of History coursework with a passing grade.



REQUIREMENT	HOURS	DESCRIPTION
Math (121 & 123) or 125 or 261	6	Exercise Science majors must take ( <a href="#">Math 121</a> and <a href="#">Math 123</a> ) or <a href="#">Math 125</a> or <a href="#">Math 261</a> to fulfill this requirement.
3 hrs statistics course	3	Successfully complete a statistic course from the following list of courses: <a href="#">CJ 202</a> , <a href="#">Math 115</a> , <a href="#">Econ 230</a> , <a href="#">Bus 230</a> or <a href="#">Psy 202</a> .
<a href="#">Bisc 102</a> /103 or 160/161	4	Complete <a href="#">Bisc 102</a> /103 or <a href="#">Bisc 160</a> /161 with a passing grade.
<a href="#">Bisc 206</a> or <a href="#">Bisc 310</a> C- min	4	Complete <a href="#">Bisc 206</a> or <a href="#">Bisc 310</a> with a grade of C- or better.
<a href="#">Bisc 207</a> or <a href="#">Bisc 330</a> C- min	4	Complete <a href="#">Bisc 207</a> or <a href="#">Bisc 330</a> with a grade of C- or better.
<a href="#">Chem 103</a> or <a href="#">105</a> /115	3	Complete <a href="#">Chem 103</a> or <a href="#">Chem 105</a> /115 with a passing grade.
<a href="#">Phys 211</a> /221 or <a href="#">Phys 213</a> /223 C- min	4	Complete <a href="#">Phys 211</a> /221 or <a href="#">Phys 213</a> /223 with a grade of C- or better.

### Major Requirements

REQUIREMENT	HOURS	DESCRIPTION
<a href="#">ES 338</a> - C min	3	Complete <a href="#">ES 338</a> with a grade of C or better.
<a href="#">ES 346</a> - C min	3	Complete <a href="#">ES 346</a> with a grade of C or better.
<a href="#">ES 347</a> - C min	1	Complete <a href="#">ES 347</a> with a grade of C or better.
<a href="#">ES 348</a> C- min	3	Complete <a href="#">ES 348</a> with a grade of C- or better.
<a href="#">ES 349</a> C- min	1	Complete <a href="#">ES 349</a> with a a grade of C- or better.
<a href="#">ES 358</a> C- min	3	Complete <a href="#">ES 358</a> with a grade of C- or better.
<a href="#">ES 359</a> C- min	1	Complete <a href="#">ES 359</a> 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: <a href="#">ES 200</a> , <a href="#">ES 402</a> , <a href="#">ES 452</a> , <a href="#">ES 393</a> .

