Emphasis - Human Performance

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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