

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: 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.

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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.

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 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.
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.
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.
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 .
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 103 or 105/115	3	Complete Chem 103 or Chem 105/115 with a passing grade.



REQUIREMENT	HOURS	DESCRIPTION
Writ 250	3	Complete Writ 250 with a passing grade.
History 6 hrs	6	Complete 6 hours of History coursework with a passing grade.
Bisc 102/103 or 160/161	4	Complete Bisc 102/103 or Bisc 160/161 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.
Spch 102 or 105	3	Complete Spch 102 or Spch 105 with a passing grade.
HP 191	3	Complete HP 191 with a passing grade.
PH 203	3	Complete PH 203 with a passing grade.

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 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 grade of C- or better.
ES 350	3	Complete ES 350 with a passing grade.
ES 351	3	Complete ES 351 with a passing grade.
ES 391	3	Complete ES 391 with a passing grade.
ES 440	3	Complete ES 440 with a passing grade.
ES 446	3	Complete ES 446 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.
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.

