

Exercise Science (BS)

FALL - Semester 1

ES 190 (WE): Introduction to Exercise Science
CHEM 129, 130 or BIOL 107 (if pre-med science)
MATH 156: College Algebra
TRU 1XX: Self and Society Seminar
Liberal Studies Program (LSP) - Qualitative Mode

FALL - Semester 3

ES 224: Research Methods & Data Interpretation
Liberal Studies Program (LSP) - Qualitative Mode (PHRE 188: Ethics recommended)
STAT 190: Basic Statistics
Foreign Language Elementary I
BIOL 107 (if pre-med sciences) or BIOL 100

FALL - Semester 5

ES 342/L Biomechanics
BIOL 365: Human Anatomy w/ Lab
JINS 3XX
ES 250: Exercise Science Practicum I*
Missouri Statute (HIST 298 or POL 101)
Concentration course

FALL - Semester 7

ES Core Elective
BIOL 325: Human Physiology
ES 445: Assessment and Prescription I
Concentration (if needed)

ES 342/L, ES 345 and ES 347 - prerequisite is STAT 190 or calculus and ES 224

***Note: ES 250 is offered fall, winter interim, spring and summer**

****Check if have achieved ≥ 40 hrs upper level**

****Check if have ≥ 63 hours of liberal arts & sciences (LAS) courses**

For more information, visit hes.truman.edu

Department chair: please contact the Center for Academic Excellence with any updates to the plan above.

SPRING - Semester 2

ES 245: Nutrition
Liberal Studies Program (LSP) - Quantitative Mode (Chem 130 if pre-med)
MATH 157: Plane Trigonometry
COMM 170: Public Speaking
ENG 190: Writing as Critical Thinking
ES 202: Strength & Conditioning Anatomy

SPRING - Semester 4

ES 345: Exercise Physiology
ES Core Elective
Foreign Language Elementary II
Concentration course
PSYC 166 (Social Scientific Mode)

SPRING - Semester 6

Liberal Studies Program (LSP) - Qualitative Mode
ES 344 Lifespan Motor Development OR
ES 347 Motor Learning
Intercultural Perspective
Concentration course
Concentration course
Optional Summer Internship ES 370

SPRING - Semester 8

ES 498: (WE) Capstone in Exercise Science
** Electives to complete 120 hours
Take Senior Test - ACSM EP-C