

**Exercise Science
Bachelor of Science(B.S.)
Sample Academic Plan
2014-2015**

1st Semester	Hours
ES 190 (extended Truman Week course)	3
CHEM 129,130 or BIOL 107 (if pre-med science)	3-4
MATH 156 College Algebra	3
HLTH 195/6 or 198/L Personal Well-being	2-3
INDV 101 Truman Week	1
Foreign Lanuage Elem I	3
SEMESTER TOTAL	15-17

2nd Semester	Hours
ES 224 (WE) Research	3
LSP- Quantitative Mode (Chem 130 if pre-med)	4
MATH 157 Plane Trigonometry	2
COMM 170 Public Speaking	3
Foreign Language Elem II	3
ES 202 Functional Anatomy	1
SEMESTER TOTAL	16

3rd Semester	Hours
ES 245 Nutrition	3
LSP- Qualitative Mode	3
STAT 190 Basic Statistics	3
LSP- Qualitative Mode (PHRE 188 recomm)	3
BIOL 107 (if pre-med sciences) or BIOL 100	4

SEMESTER TOTAL	16
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4th Semester	Hours
ES 345 Exercise Physiology	3
ES 342/L Biomechanics	4
Specialization	3
Specialization	3-4
PSYC 166 (Social Scientific Mode)	3

SEMESTER TOTAL	16-17
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5th Semester	Hours
ES 347 Motor Learning	3
BIOL 365 Human Anatomy w/ Lab	4
JINS 3XX	3
ES 250 Practicum	1
Missouri Statute (HIST 298 or POL 101)	1
Specialization	3
SEMESTER TOTAL	15

Optional Summer Internship ES 370	4
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6th Semester	Hours
LSP- Qualitative Mode	3
ES 3XX Core Elective	3
Intercultural Perspective	3
Specialization	3-4
Specialization	3-4
SEMESTER TOTAL	15-17

7th Semester	Hours
ES 3XX Core Elective	3
BIOL 325 Human Physiology	4
ES 445 Assessment and Presc I	4
Elective	3-4
SEMESTER TOTAL	14-15

8th Semester	Hours
ES 498 Capstone	3
Electives to Complete 120 total hours	
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Take HFS	
SEMESTER TOTAL	12-14

Notes:

ES 345 and ES 342/L Biomechanics - prerequisite is STAT 190 or calculus

*Check if have achieved 40 hrs @ 3XX (5th Semester)

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

<http://hes.truman.edu/es.asp> and <http://hes.truman.edu/current.asp> have additional information

TOTAL HOURS	120
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