

**Exercise Science
Bachelor of Science(B.S.)
Sample Academic Plan
2012-2013**

1st Semester	Hours
ES 190 (extended Truman Week course)	3
BIOL 107 (if pre-med sciences) or BIOL 100	4
MATH 156	3
(HLTH 195/6, HLTH 198/L or MS 100)	1-3
INDV 101 Truman Week	1
Foreign Lanuage Elem I	3
SEMESTER TOTAL	15-17

2nd Semester	Hours
ES 224 (WE)	4
CHEM 129 or 130 (if pre-medical sciences)	4
MATH 157	2
COMM 170	3
Foreign Language Elem II	3
SEMESTER TOTAL	16

3rd Semester	Hours
ES 245 Nutrition	3
PSYC 166 (Social Scientific Mode)	3
MATH 194-198 Calculus (Math Mode)	3-5
LSP- Qualitative Mode (PHRE 199 recomm)	3
Specialization	3
SEMESTER TOTAL	15-17

4th Semester	Hours
ES 345 Exercise Physiology	3
ES 342/L Biomechanics	4
STAT 190	3
Specialization	3-4
LSP- Qualitative Mode	3
SEMESTER TOTAL	16-17

5th Semester	Hours
ES 3XX Core Elective	3
BIOL 365 Human Anatomy w/ Lab	4
JINS 3XX	3
Specialization	3-4
Missouri Statute (HIST 298 or POL 101)	1
SEMESTER TOTAL	14-15

6th Semester	Hours
LSP- Qualitative Mode	3
ES 3XX Core Elective	3
Intercultural Perspective	3
Specialization	3-4
[Summer: Field Experience ES 250 or 370]	
SEMESTER TOTAL	15

7th Semester	Hours
ES 343 Movement Neuroscience	3
BIOL 325 Human Physiology	4
ES 445 Assessment and Presc I	3
Specialization	3-4
SEMESTER TOTAL	14-15

8th Semester	Hours
ES 498 Capstone	2
Electives to Complete 120 total hours	
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Take HFS	
SEMESTER TOTAL	12-14

TOTAL HOURS	120-126
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Notes:

ES 342/L Biomechanics - prerequisite is Calculus

Summer after 3rd year - Field Experience

*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