



Exercise Science and Athletic Training (BS), 3+2 Track

3 Bachelor of Science (B.S.) + 2 Master of Athletic Training (MAT)

Semester 1

- TRU 120: First Year Seminar (3 cr)
- **ES 190: WE/Introduction to Exercise** (3 cr)
- CHEM 100: Chemistry for Contemporary Living (4 cr)
- MATH: 186 Pre-Calculus (4 cr)
- Art & Humanities Perspective(3 cr)

Semester 3

- **ES 224: Research Methods & Data Interpretation** (3 cr)
- STAT 190: Basic Statistics (3 cr)
- BIOL 100: Biology (4 cr)
- Elementary Foreign Language I (3 cr)
- Art & Humanities Perspective/ intercultural Perspective (3 cr)

Semester 5

- **ES 347: Motor Learning w/ Lab** (3 cr), **OR ES 343: Movement Neuroscience with Lab** (3 cr) **OR ES 344: Lifespan Motor Development** (3 cr)
- BIOL 365: Human Anatomy (3 cr)
- BIOL 365/L: Human Anatomy with Lab (1 cr)
- **ES 445: Assessment & Prescription** (3 cr)
- **ES 445L: Assessment & Prescription Lab** (1 cr)
- **ES Core Elective** (3 cr)
- Social Perspective (3 cr)

Summer After 6th Semester

- Students in this program will begin the MAT program and will complete all requirements, as all other MAT students do.

Total MAT Hours = 59

Total 3+2 Hours = 154

Semester 2

- **ES 245: Nutrition for Health, Fitness, and Sport** (3 cr)
- PHYS 100: Concepts in Physics (4 cr)
- POL 161: American National Government (3 cr), **OR** POL 262: American State and Local Government (3 cr)
- COMM 170: Public Speaking (3 cr), **OR** COMM 252: Interpersonal Communication (3 cr), **OR** COMM 276: Oral Advocacy and Debate (3 cr)
- ENG 190: Writing as Critical Thinking (3 cr)
- **ES 202: Strength & Conditioning Anatomy** (1 cr)

Semester 4

- **ES 345: Exercise Physiology** (3 cr)
- **ES 342: Biomechanics w/ Lab** (4 cr)
- "Core Elective" course (3 cr)
- PSYC 166: General Psychology (3 cr)
- Elementary Foreign Language II (3 cr)

Semester 6

- BIOL 325: Human Physiology (4 cr)
- ES 498: WE/Capstone in Exercise Science (3 cr)
- JINS 3XX: WE/_____ (3 cr)
- ES 250: Exercise Science Practicum (1 cr)
- Art & Humanities Perspective (3-6 cr)

NOTES:

- This plan presumes the incoming student has no college credits earned at the time of matriculation.
- Credits applied from other sources will necessitate adjustments.
- Students who change their major in the first two years will easily be able to pursue other Truman Exercise Science concentration degrees.
- Students who change their mind after 1 year of MAT will still qualify for ES degree, but must

take ES senior test.

- **ES Major Requirement:** The ES senior test (the EP-C) is taken after the fourth year, the undergraduate degree is conferred at that time
- (*) = ES 250 is offered fall, winter interim, spring and summer.
- **Must be fully admitted as an MAT student after three years.**
- WE = Writing Enhanced course
- If you have not completed the Civics Exam, we recommend doing so in your **first year**.
- Truman students are required to complete a [Portfolio](#) to graduate. We recommend starting to compile your work for the Portfolio sooner than later.
- Students must complete their Application to Graduate **the semester prior to graduating**. Apply to graduate through TruView.
- Graduating seniors need to complete their seniors test and questionnaire. We recommend reviewing the [Assessment & Testing page](#) to plan accordingly.
- **The Dialogues curriculum** requires a certain number of courses/credit hours in the following Perspectives: Social, Arts and Humanities, STEM, Communications, and Statistics. The exact number of courses a student will be required to take during their undergraduate career varies individually according to the credit transferred in.

Department Chair: Please contact the [Center for Academic Excellence](#) with any updates to the plan above. Rev. 4-3-2025