



## Exercise Science (BS), Pre-Medical Sciences Track

### Semester 1

- TRU 120: First Year Seminar (3 cr)
- ES 190: WE/Introduction to Exercise Science (3 cr)
- CHEM 129: Basic Principles of Chemistry (3 cr), **OR** CHEM 130: Chemical Principles I (4 cr), **OR** BIOL 107: Cells, Molecules, and Genes (4 cr)
- Math 186: Pre-Calculus (4 cr)
- HIST 2100: Institutional History of the United States (3 cr)

### Semester 3

- ES 224: Research Methods & Data Interpretation (3 cr)
- CHEM 131 Chemical Principles II (4 cr)
- ES 202: Strength & Conditioning Anatomy (1 cr)
- BIOL 107: Cells, Molecules, and Genes (4 cr)
- Elementary Foreign Language I (3 cr)

### Semester 5

- CHEM 330: Organic Chemistry I Lab (^) (1 cr)
- CHEM 333: Organic Chemistry Lab (^) (2 cr)
- PHYS 185: College Physics I (4 cr)
- JINS 3XX: WE/\_\_\_\_\_ (3 cr)
- Dialogues Curriculum course (3 cr)

### Semester 7

- BIOL 325: Human Physiology (4 cr)
- ES 445: Assessment & Prescription (3 cr)
- ES 445L: Assessment & Prescription Lab (1 cr)
- ES 250: Exercise Science Practicum I (\*) (1 cr)
- ES Core Elective (3 cr)
- Dialogues Curriculum course (3 cr)

### Semester 2

- ES 245: Nutrition for Health, Fitness, and Sport (3 cr)
- CHEM 130: Chemical Principles I (4 cr)
- COMM 170: Public Speaking (3 cr)
- ENG 190: Writing as Critical (3 cr)
- STAT 190: Basic Statistics (3 cr)

### Semester 4

- ES 345: Exercise Physiology (3 cr)
- CHEM 329: Organic Chemistry I (^) (3 cr)
- BIOL 104: Ecology & Evolution of the Organism (4 cr)
- PSYC 166: General Psychology (3 cr)
- Elementary Foreign Language II (3 cr)

### Semester 6

- ES 342: Biomechanics with Lab (4 cr)
- ES 344: Lifespan Motor Development (3 cr), **OR** ES 347: Motor Learning with Lab (3 cr)
- BIOL 365: Human Anatomy (3 cr)
- BIOL 365L: Human Anatomy Lab (1 cr)
- PHYS 186: College Physics II (4 cr)

### Semester 8

- ES 498: WE/Capstone in Exercise Science (3 cr)
- Dialogues Curriculum course (3 cr)
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- Dialogues Curriculum course (3 cr)
- ES Core Elective (3 cr)

**\*\*Take Senior Test-ACSM EP-C\*\***

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### NOTES:

- ES 342/L, ES 345 and ES 347 - prerequisite is STAT 190 (or calculus) **and** ES 224
- (\*) = ES 250 is offered fall, winter interim, spring and summer
- (\*\*\*) = Check if have achieved > 40 hrs upper level
- (\*\*\*) = Check if Dialogues requirements have been met, civics exam complete
- (\*\*\*) = Recommend getting intercultural requirement as part of other courses
- (^) = Only if planning to be physician or physician assistant- CHEM 335 recommended if room
- See course pre-requisites at [catalog.truman.edu](http://catalog.truman.edu). For additional information visit [www.truman.edu/majors-programs/health-and-exercise-science-program/](http://www.truman.edu/majors-programs/health-and-exercise-science-program/)
- You are encouraged to use these materials in conjunction with the Truman Catalog and Degree Works (available on TruView) as a guide in planning your progress toward completion of degree requirements. The Office of the Registrar is responsible for certifying completion of degree requirements based on requirements specified in the catalog.
- 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. 7-31-24