

Exercise Science (BS) - Applied/ Athletic Training

FALL - Semester 1

ES 190 (WE) Introduction to Exercise Science
BIOL 100 Biology
MATH 156 College Algebra
TRU 1XX Self & Society
TRU 1XX Symposium
Missouri Statute (HIST 2100)

FALL - Semester 3

ES 224 Research Methods & Data Interp
Arts & Humanities Perspective
STAT 190 Basic Statistics
Foreign Language Elem I
PSYC 166 (Social Perspective)

FALL - Semester 5

ES 342/L Biomechanics
BIOL 365 Human Anatomy w/ Lab
JINS 3XX
ES 250 Exercise Science Practicum I*
Concentration course (PHYS 100 if AT)

FALL - Semester 7

ES Core Elective
Arts & Humanities Perspective
ES 445 Assessment and Presc I
Concentration course

SPRING - Semester 2

ES 245 Nutrition
CHEM 100 Chemistry for Contemp Living (if AT)
MATH 157 Plane Trigonometry
COMM 170, COMM 252, or COMM 276
ENG 190 Writing as Critical Thinking
ES 202 Strength & Conditioning Anatomy

SPRING - Semester 4

ES 345 Exercise Physiology
BIOL 325 Human Physiology
Foreign Language Elem II
Concentration course
Social Perspective

SPRING - Semester 6

Arts & Humanities Perspective
ES 344 Lifespan Motor Development OR
ES 347 Motor Learning
ES Core Elective
Concentration course
Social Perspective

SPRING - Semester 8

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

Notes:

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 Dialogues requirements have been met, civics exam complete

*** Recommend getting intercultural requirement as part of other courses

See course pre-requisites at catalog.truman.edu/. For additional information visit hes.truman.edu.

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.

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