# Sample Four Year Plan

## Exercise Science (BS), Applied/Athletic Training concentration

### Semester 1
- TRU 120: First Year Seminar (3 cr)
- **ES 190: WE/Introduction to Exercise Science** (3 cr)
- BIOL 100: Biology (4 cr)
- Math 156: College Algebra (3 cr)
- HIST 2100: Institutional History of the United States (1 cr)

### Semester 2
- **ES 245: Nutrition for Health, Fitness, and Sport** (3 cr)
- CHEM 100: Chemistry for Contemporary Living (4 cr) *(required if pursuing MAT)*
- Math 157: Plane Trigonometry (2 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 3
- **ES 224: Research Methods & Data Interpretation** (3 cr)
- STAT 190: Basic Statistics (3 cr)
- Elementary Foreign Language I (3 cr)
- PSYC 166: General Psychology (3 cr)
- Dialogues Curriculum course (3 cr)

### Semester 4
- **ES 345: Exercise Physiology** (3 cr)
- BIOL 325: Human Physiology (4 cr)
- Elementary Foreign Language II (3 cr)
- Concentration Course (3 cr)
- Dialogues Curriculum course (3 cr)

### Semester 5
- **ES 342: Biomechanics with Lab** (4 cr)
- BIOL 365: Human Anatomy (3 cr)
- BIOL 365L: Human Anatomy Lab (1 cr)
- **ES 250: Exercise Science Practicum I** (*) (1 cr)
- JINS 3XX: WE/Junior Interdisciplinary Seminar (3 cr)
- Concentration Course *(if pre-MAT, PHYS 185: College Physics I (4 cr) recommended)*

### Semester 6
- **ES 344: Lifespan Motor Development** (3 cr), **OR ES 347: Motor Learning with Lab** (3 cr)
- **ES Core Elective** (3 cr)
- Concentration Course (3 cr)
- Dialogues Curriculum course (3 cr)
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### Semester 7
- **ES 445: Assessment & Prescription** (3 cr)
- **ES 445L: Assessment & Prescription Lab** (1 cr)
- **ES Core Elective** (3 cr)
- Concentration Course (3 cr)
- Dialogues Curriculum course (3-6 cr)

### Semester 8
- **ES 498: WE/Capstone in Exercise Science** (3 cr)
- Electives to Complete 120 total hours (**) (9-12 cr)

***Take Senior Test – ACSM EP-C (**)***

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**NOTES:**

- **ES 342/342L, ES 345**, and **ES 347** – have prerequisite of STAT 190 (or calculus) and ES 224.
- (*) = **ES 250** is offered fall, winter interim, spring and summer sessions
- (**) = Check if have achieved > 40 hours upper level
- (**) = Check if Dialogues requirements have been met, civics exam completed
- (***) Recommend getting intercultural requirement as part of other courses
- See course pre-requisites at catalog.truman.edu/. For additional information visit our website.
- You are encouraged to use these materials in conjunction with the Truman Catalog and Degree Works (available on TruView) as a guide to planning your progress toward completion of degree requirements. The Office of the Registrar is responsible for certifying 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. 4-3-2025