Sample Four-Year Plan

Exercise Science (BS), MAE Physical Education concentration

Semester 1
- TRU 120: First Year Seminar (3 cr)
- **ES 190: WE/Introduction to Exercise Science** (3 cr)
- **ES 202: Strength & Conditioning Anatomy** (1 cr)
- MATH 186: Pre-Calculus (4 cr)
- Missouri Statute course (1-4 cr)
- Elementary Foreign Language I (3 cr)

Semester 2
- **ES 195: Instructional Strategies in P.E. & Health** (3 cr)
- **ES 245: Nutrition for Health, Fitness, and Sport** (3 cr)
- BIOL 100: Biology (4 cr)
- ENG 190: Writing as Critical Thinking (3 cr)
- Elementary Foreign Language II (3 cr)

Semester 3
- **ES 224: Research Methods & Data Interpretation** (3 cr)
- **ES 236: Rhythmic Movement & Dance** (3 cr)
- **ES 282: First Aid & Injury Care** (3 cr)
- CHEM 100: Chemistry for Contemporary Living (4 cr) *(required for pre-MAT students)* **OR** other STEM Perspective course
- STAT 190: Basic Statistics (3 cr)

Semester 4
- **ES 344: Lifespan Motor Development** (3 cr)
- **ES 235: Fundamental Movement & Tumbling** (3 cr)
- ED 388: Exploratory Field Experiences (1 cr)
- ED 389: Foundations of Education (3 cr)
- PSYC 166: General Psychology (3 cr)
- HLTH 198: Personal Health & Fitness (2 cr)
- HLTH 198L: Personal Fitness Lab (1 cr)

Semester 5
- **ES 345: WE/Exercise Physiology** (3 cr)
- **ES 366: Outdoor Recreational & Fitness Activities** (3 cr)
- ED 393: Clinical Experiences in Teaching (3 cr)
- ED 394: Experiences in Classroom Teaching (1 cr)
- BIOL 365L: Human Anatomy Lab (1 cr)
- BIOL 365: Human Anatomy (3 cr)
- Dialogues Curriculum course (3 cr)

Semester 6
- **ES 342: Biomechanics with Lab** (4 cr)
- **ES 364: Prevention & Treatment of Activity and Sport Injuries** (3 cr)
- BIOL 325: Human Physiology (4 cr)
- JINS 3XX: WE/Junior Interdisciplinary Seminar (3 cr)
- Dialogues Curriculum course (3 cr)

Semester 7
- **ES 369: Physical Activity for Individuals with Disability** (3 cr)
- **ES 445: Assessment & Prescription** (3 cr)
- **ES 445L: Assessment & Prescription La**b (1 cr)
- Communication Skills Perspective - Speaking requirement
- Dialogues Curriculum course (3 cr)
- Dialogues Curriculum course (3 cr)

Semester 8
- **ES 368: Lifetime Fitness & Conditioning Activities** (3 cr)
- **ES 498: WE/Capstone in Exercise Science** (3 cr)
- **ES 530G: Methods of Teaching Team Games** (3 cr)
- ED 593: Psychological Foundations of Education (3 cr)
- Dialogues Curriculum course (3 cr)

GRAD - Summer, Semester 1

- ED 601G: Measurement and Evaluation (3 cr)
- ED 603G: Content Area Academic Literacy (3 cr)
- ED 605G: Psychology of Exceptional Children (3 cr)

GRAD - Fall, Semester 2

- **ES 507G: Psychology of Sport and Injury Rehabilitation** (3 cr)
- **ES 531G: Methods of Teaching Individual and Dual Games** (3 cr)

- **ES 608G: Management of Instruction: Exercise Science (Physical Education/Health Pedagogy)** (3 cr)
- ES 363: Health & Wellness Psychology

GRAD - Spring, Semester 3

ED 607G: Applied Educational Psychology (3 cr)
ED 609G: Teaching Internship (3-9 cr)
ES 650G: Research in Health and Exercise Science (MAE) (3 cr)

NOTES:

- **Undergraduate, Semester 7:** Apply to Graduate **and** Apply to MAE Program
- **Undergraduate, Semester 8:** Take Senior Test – ACSM EP-C
- **Graduate, Semester 2:** Take MOCA K-12 Physical Education & Health Exams
- 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. Revised 11/6/2025