Sample Two Year Plan

Exercise Science (BS)

*The following plan is possible on the presumption that an incoming student has an Associate of Arts (AA) degree and has completed the equivalent to **Math 186** (pre-Calculus) and **BIOL 100, BIOL 107, or CHEM 100** (lab science), prior to enrolling at Truman State University. This plan assumes that the student will be able to transfer at least three credits of applicable coursework toward the concentration.*

FALL - Semester 1

- **ES 190: WE/ Intro to Exercise Science** (3 cr)
- **ES 202: Strength & Conditioning Anatomy** (1 cr)
- **ES 224: Research Methods and Data Interpretation** (3 cr)
- **ES 245: Nutrition for Health, Fitness, and Sport** (3 cr)
- STAT 190: Basic Statistics (3 cr)
- Elementary Foreign Language I (3 cr)

SPRING - Semester 2

- Concentration Course (as needed) (3 cr)
- **ES 345: WE/Exercise Physiology** (3 cr)
- BIOL 325: Human Physiology (4 cr)
- JINS 3XX: WE/Junior Interdisciplinary Seminar (3 cr)
- Elementary Foreign Language II (3 cr)

SUMMER - Semester 3

- ES 250: Exercise Science Practicum I (1 cr)

FALL - Semester 4

- **ES 344: Lifespan Motor Development** (3 cr) **OR ES 347: Motor Learning w/ Lab** (3 cr)
- **ES 445: Assessment & Prescription** (3 cr)
- **ES 445L: Assessment & Prescription Lab** (1 cr)
- BIOL 365: Human Anatomy (3 cr)
- BIOL 365L: Human Anatomy Lab (1 cr)
- "Core Elective" course (3 cr)
- "Concentration" course (*as needed*) (3 cr)

SPRING- Semester 5

- **ES 342: Biomechanics w/ Lab** (4 cr)
- **ES 498: WE/Capstone in Exercise Science** (3 cr)
- "Core Elective" course (3 cr)
- "Concentration" course (*as needed*) (3 cr)
- "Concentration" course (*as needed*) (3 cr)

NOTES:

- WE = Writing Enhanced course
- Students' concentration courses will be built using available transfer courses to the extent that they align with the major and future career goals. Depending on the situation, students will take 0-4 concentration courses.
- If the student has not taken PSYC 166: General Psychology (3 cr), it is also required for the ES major.
- STAT 190: Basic Statistics (3 cr) is listed on the plan, but if the student transfers in that credit, then another course (core elective or concentration course) could be added in semester one.
- ES 250 can also be inserted into a semester (as credits allow) or winter interim.

Department Chair: Please contact the Center for Academic Excellence (advise@truman.edu) with any updates to the plan above.