

Exercise Science (BS), Sports Management 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)
- BSAD 153: Intro to Business Data Analytics (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 5

- ES 342: Biomechanics with Lab (4 cr)
- BIOL 365: Human Anatomy (3 cr)
- BIOL 365L: Human Anatomy Lab (1 cr)
- JINS 3XX: WE/Junior Interdisciplinary Seminar (3 cr)
- ES Concentration Course - ACCT 220: Intro to Financial Accounting (3 cr)

Semester 7

- ES 445: Assessment & Prescription (3 cr)
- ES 445L: Assessment & Prescription Lab (1 cr)
- 2 Concentration Courses (3 cr) **
- Dialogues Curriculum course (3-6 cr)

Semester 2

- ES 245: Nutrition for Health, Fitness, and Sport (3 cr)
- ES 202: Strength & Conditioning Anatomy (1 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)

Semester 4

- ES 345: Exercise Physiology (3 cr)
- ES Core Elective - ES 367 (3 cr) recommended
- Elementary Foreign Language II (3 cr)
- Concentration Course (3 cr)
- Dialogues Curriculum course (3 cr)

Semester 6

- ES 506: Advanced Sport Management (3 cr) *(or Semester 7) **
- ES 344: Lifespan Motor Development (3 cr), OR ES 347: Motor Learning with Lab (3 cr)
- ES Core Elective (3 cr)
- ES Concentration Course - BSAD 234: Legal Environment of Business (3 cr)
- Dialogues Curriculum course (3 cr)
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- **Apply to Business minor.**

Summer Term

- ES 370: Internship in Exercise Science (4 cr) *(Summer only)*

Semester 8

- ES 498: WE/Capstone in Exercise Science (3 cr)
- Dialogues Curriculum course (3 cr)
- ES Concentration course (3 cr) **
- Electives to Complete 120 total hours ***

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

NOTES:

- ES 342/342L, ES 345, and ES 347 - have prerequisite of STAT 190 (or calculus) and ES 224.
- (*) = Only Spring semester course, odd years
- ES 370: Internship in Exercise Science
- (**) = Options include BSAD 329, BSAD 325, and BSAD 349.
- (***) = Check if have achieved at least 40 credit hours of upper-level coursework.
- See course pre-requisites at catalog.truman.edu. For additional information visit the [Exercise Science Major](#) 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. Updated 5-28-2026