

**Exercise Science  
Bachelor of Science(B.S.)  
Sample Academic Plan  
2016-2017**

1st Semester	Hours
ES 190 Introduction to Exercise Science	3
CHEM 129,130 or BIOL 107 (if pre-med science)	3-4
MATH 156 College Algebra	3
HLTH 195/6 or 198/L Personal Well-being	2-3
INDV 100 Truman Experience	1
LSP- Qualitative Mode	3
<b>SEMESTER TOTAL</b>	15-17

2nd Semester	Hours
ES 245 Nutrition	3
LSP- Quantitative Mode (Chem 130 if pre-med)	4
MATH 157 Plane Trigonometry	2
COMM 170 Public Speaking	3
ENG 190 Writing as Critical Thinking	3
ES 202 Strength & Conditioning Anatomy	1
<b>SEMESTER TOTAL</b>	16

3rd Semester	Hours
ES 224 (WE) Research Methods & Data Interp	3
LSP- Qualitative Mode (PHRE 188 Recommended)	3
STAT 190 Basic Statistics	3
Foreign Language Elem I	3
BIOL 107 (if pre-med sciences) or BIOL 100	4
<b>SEMESTER TOTAL</b>	16

4th Semester	Hours
ES 345 Exercise Physiology	3
ES 342/L Biomechanics	4
Foreign Language Elem II	3
Concentration course	3-4
PSYC 166 (Social Scientific Mode)	3
<b>SEMESTER TOTAL</b>	16-17

5th Semester	Hours
ES 347 Motor Learning	3
BIOL 365 Human Anatomy w/ Lab	4
JINS 3XX	3
ES 250 Exercise Science Practicum I*	1
Missouri Statute (HIST 298 or POL 101)	1
Concentration course	3-4
<b>SEMESTER TOTAL</b>	15-16

6th Semester	Hours
LSP- Qualitative Mode	3
ES Core Elective	3
Intercultural Perspective	3
Concentration course	3-4
Concentration course	3-4
<b>SEMESTER TOTAL</b>	15-17

<b>Optional Summer Internship ES 370</b>	4
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7th Semester	Hours
ES Core Elective	3
BIOL 325 Human Physiology	4
ES 445 Assessment and Presc I	4
Concentration (if needed)	3-4
<b>SEMESTER TOTAL</b>	14-15

8th Semester	Hours
ES 498 (WE) Capstone in Exercise Science	3
**Electives to Complete 120 total hours	
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Take Senior Test - ACSM EP-C	
<b>SEMESTER TOTAL</b>	12-13

<b>TOTAL HOURS</b>	120
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**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  $\geq$  40 hrs upper level

\*\*Check if have  $\geq$  63 hours of liberal arts & sciences (LAS) courses

<http://hes.truman.edu> has additional information