

# Curriculum Guide for BS in Exercise and Sport Science (Physical Fitness and Wellness Management Concentration)



## First Year

### Fall - 16 Hours

HSO 100 - Student Success Seminar (1)  
NFA 201 - Essentials of Nutrition (3)  
ENG 101 - Gen Ed Element 1A (3)  
Gen Ed Element 6 (3)  
MAT 105 - Mathematics w/ Applic (or higher) (3)  
Elective (3)

### Spring - 16 Hours

ESS 212 - Care and Prev of Athletic Inj (3)  
ENG 102 - Gen Ed Element 1B (3)  
Gen Ed Element 6 (3)  
Gen Ed Element 1C (3)  
ESS 190: Wellness Experience: \_\_\_\_\_ (1)  
Elective (3)

## Second Year

### Fall - 16-18 Hours

Gen Ed Element 3A (3)  
Gen Ed Element 4 (3)  
Gen Ed Element 5A (3)  
ESS 315 - Phys Fit Concepts and App (3)  
BIO 307 - Anatomy & Physiology I (3)  
(Pre-Req: academic readiness, see catalog)  
ESS 241 or 313 or 340 (1-3)

### Spring - 16 Hours

Gen Ed Element 3B (3)  
Gen Ed Element 4 (3)  
Gen Ed Element 5B (3)  
ESS 320 - Biomechanics (3)  
(Pre-Req: BIO 307)  
ESS 320L - Biomechanics Lab (1)  
BIO 308 - Anatomy & Physiology II (3)  
(Pre-Req: BIO 307)

## Third Year

### Fall - 14 Hours

ESS 435 - Group Fitn Instr. (3)  
ESS 325 - Exercise Physiology (3)  
(Pre-Req: BIO 307 and 308)  
ESS 325L - Exercise Physiology Lab (1)  
ESS 303 - Fit Manag & Mkting (3)  
ESS 407 - Strength & Conditioning (3)  
ESS 190: Wellness Experience: \_\_\_\_\_ (1)

### Spring - 13 Hours

HEA 305 or 380 (3)  
HEA 320 - Intro/Behavior Change Theory (3)  
ESS 517 - Bioenergetics (3)  
ESS 190: Wellness Experience: \_\_\_\_\_ (1)  
Elective (3)

## Fourth Year

### Fall - 15 Hours

ESS 430 - Fitness Program Admin (3)  
EMC 104 - Healthcare Basic Life Support (1)  
ESS 562 - Adapted Physical Education (3)  
ESS 190: Wellness Experience: \_\_\_\_\_ (1)  
Elective (5-7)

### Spring - 14-15 Hours

ESS 433 - Adult Physical Fitness Programs (3)  
ESS 472 - Internship (6)  
ESS 190: Wellness Experience: \_\_\_\_\_ (1)  
Elective (3)

*Note: This plan was created in consideration of pre-requisite courses. Please see the additional notes when creating a personal degree plan. In addition, depending on the post-baccalaureate profession/program of interest, additional pre-requisites for application may be needed.*

*(revised/updated 07/11/23)*



**PARKS, RECREATION, EXERCISE  
AND SPORT SCIENCE**