

Curriculum Guide for BS in Exercise and Sport Science (Pre-Physical Therapy 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 5A (3)
MAT 120 - Trigonometry (or higher) (3)
(Pre-Req: MAT 112 series or Math ACT \geq 22)
Gen Ed Element 3A (3)

Spring - 15-16 Hours

ESS 212 - Care and Prev of Athletic Inj (3)
ENG 102 - Gen Ed Element 1B (3)
BIO 307 - Anatomy & Physiology I (3)
(Pre-Req: academic readiness, see catalog)
STA 215 or 270 - Gen Ed Element 2 (3-4)
Gen Ed Element 1C (3)

Second Year

Fall - 13 Hours

PSY 200 - Gen Ed Element 5B (3)
BIO 308 - Anatomy & Physiology II (3)
(Pre-Req: BIO 307)
HSA 200 - Medical Terminology (3)
CHE 111/111L - Chemistry I w/ Lab
(Gen Ed Element 4) (4)

Spring - 15 Hours

ATR 325 - Applied Palpation Anatomy in Healthcare (3, Spring only)
(Pre-Req: BIO 307; Co-Req: ATR 325L)
ATR 325L - Applied Palpation Anatomy Lab (1, Spring only)
BIO 111 - Biology (Gen Ed Element 4) (4)
CHE 112/112L - Chemistry II w/ Lab (4)
(Pre-Req: CHE 111/111L)
Elective (3)

Third Year

Fall - 15 Hours

ATR 330 - Foundations of Ortho Eval (3, Fall only)
(Pre-Req: ESS 212, ATR 325, ATR 325L)
ESS 407 - Strength & Conditioning (3)
PHY 131 - Physics I (5)
(Pre-Req: MAT 120 or higher)
ESS 325 - Exercise Physiology (3)
(Pre-Req: BIO 307 and 308)
ESS 325L - Exercise Physiology Lab (1)

Spring - 15 Hours

ATR 340 - Foundations of Rehabilitation (2, Spring only)
(Pre-Req: ATR 330; Co-Req: ATR 340L)
ATR 340L - Foundations of Rehabilitation Lab (1, Spring only)
PHY 132 - Physics II (5)
(Pre-Req: PHY 131)
BIO 112 - Biology (4)
PSY 280 or 280W (3)

Fourth Year

Fall - 15 Hours

ATR 430 - Foundations of Clin Practice (3, Fall only)
(Pre-Req/Co-Req: ATR 330)
ESS 517 - Bioenergetics (3)
ESS 562 - Adapted Physical Education (3)
Gen Ed Element 3B (3)
Gen Ed Element 6 (3)

Spring - 14-15 Hours

ESS 320 - Biomechanics (3)
(Pre-Req: BIO 307)
ESS 320L - Biomechanics Lab (1)
ESS 315 - Phys Fit Concepts and App (3)
Gen Ed Element 6 (3)
EMC 104 - Healthcare Basic Life Support (1)
Elective(s) (4-5)

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 05/22/23)



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