

EXERCISE AND SPORT SCIENCE

B.S. - PHYSICAL FITNESS & WELLNESS MANAGEMENT CONCENTRATION

FRESHMAN YEAR		SOPHOMORE YEAR		JUNIOR YEAR		SENIOR YEAR	
First Semester	CH	First Semester	CH	First Semester	CH	First Semester	CH
HSO 100	1	Gen. Ed 3A	3	ESS 435	3	ESS 430	3
NFA 201	3	Gen. Ed 4	3	ESS 325	3	ESS 575	3
Gen. Ed E-1A ENG 101 or 101R	3	Gen. Ed 5A	3	Free Elective	3	HEA 202	3
Gen. Ed E-6	3	ESS 315	3	MGT 301	3	ESS 562	3
MAT 105 or higher	3	BIO 307	3	ESS 407	3	ESS 190	1
Free Elective	3	ESS 241 or 313 or 340	3-Jan	ESS 190	1		
Total	16	Total	16-18	Total	16	Total	13
Second Semester	CH	Second Semester	CH	Second Semester	CH	Second Semester	CH
ESS 212 3	3	Gen. Ed 3B	3	HEA 315 or 380	3	ESS 433	3
Gen. Ed E-1B ENG 102	3	Gen. Ed 4	3	HEA 320	3	Free Elective	3
Gen. Ed E-6	3	Gen. Ed 5B	3	Free Elective	2-3	ESS 472 Internship	6
CMS 100 or 210	3	ESS 320	3	MKT 301	3		
Free Elective	3	BIO 308	3	ESS 517	3		
ESS 190	1	ESS 190	1	ESS 190	1		
Total	16	Total	16	Total	15-16	Total	12